

Enlightening cities: Design for natural rhythm

A framework for measuring the impact of facade- and city lighting design on circadian rhythm

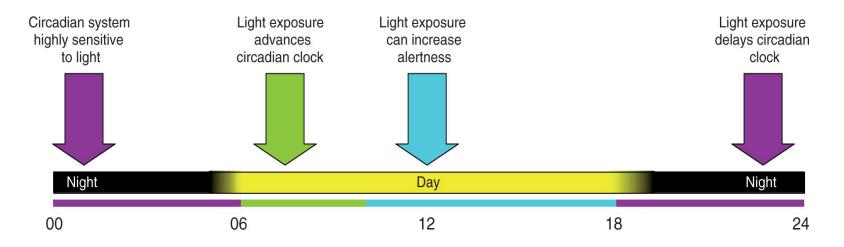
Maartje Damen, 28-10-2024

Nima Forouzandeh Shahraki, Eleonora Brembilla, Giorgio Agugiaro





Circadian rhythm



Sensitivity to phase change in a 24-hour timeframe, Andersen et al. (2012)



Circadian rhythm: Impact of architectural design

Urban planning strategies significantly determine the possibility to receive solar irradiation in buildings

(Lopez et al., 2016)

Window size and availability has been proven to negatively affect sleep duration, sleep disturbances and sleep impairments

(Ghaeili Ardabili et al., 2023)

High levels of outdoor artificial light at night (ALAN) have been found to correlate with later weeknight bedtime

and could be a serious contributor to some of the bigger health concerns of our times

(Paksarian et al., 2020, Gaston & Sánchez De Miguel, 2022)



Research questions



Research questions

What is the impact of façade design and lighting design on circadian health in urban context?

- 1. What factors are to be taken into consideration for modelling the impact of urban context on circadian light availability in existing buildings?
- 2. How can the impact of façade design and lighting design on circadian health in urban context be simulated?
- 3. What design recommendations can be derived from the assessment of the impact of façade design and lighting design on circadian health in urban context?



Goal

Enhancement of the accuracy and usability of the current 3D models for circadian lighting analysis, with the development of a method to enrich existing 3D data by incorporating precise information about window and floor levels.

The execution of a large-scale circadian lighting analysis that delivers results with a level of accuracy that closely approximates real-world conditions for individual homes and floor levels.



Content

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- Research questions
- Methodology
 - **Phase 0:** Quantifying the impact of the built environment on circadian health
 - Geometrical preparation:

Phase 1: Preparing urban geometrical and geographical information

Phase 2: Extracting building window and floor level information from façade pictures

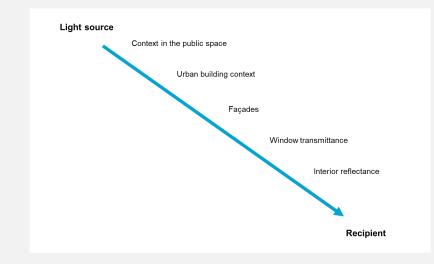
Phase 3: Window boundary and floor level reconstruction in 3D environment

- **Phase 4**: Circadian lighting modelling
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- Conclusion









Phase 0: Quantifying the impact of the built environment on circadian health

Scientific parameters

Intensity

uration					
		21.00-8.00	8.00-18.00	18.00-21.00	
Timing	 Reference value (mEDI)	<1 lx	>250 lx	<10 lx	
ontrast	Circadian lighting thresholds for measuring Melanopic equivalent daylight illuminance (Brown et al. 2022)				

Contrast

Spectrum



Scientific parameters

	21.00-8.00	8.00-18.00	18.00-21.00
Reference value (mEDI)	< 1 lx	> 250 lx	< 10 lx

Circadian lighting thresholds for measuring Melanopic equivalent daylight illuminance (based on Brown et al. 2022)

Timing

Intensity

Spectrum



Intensity

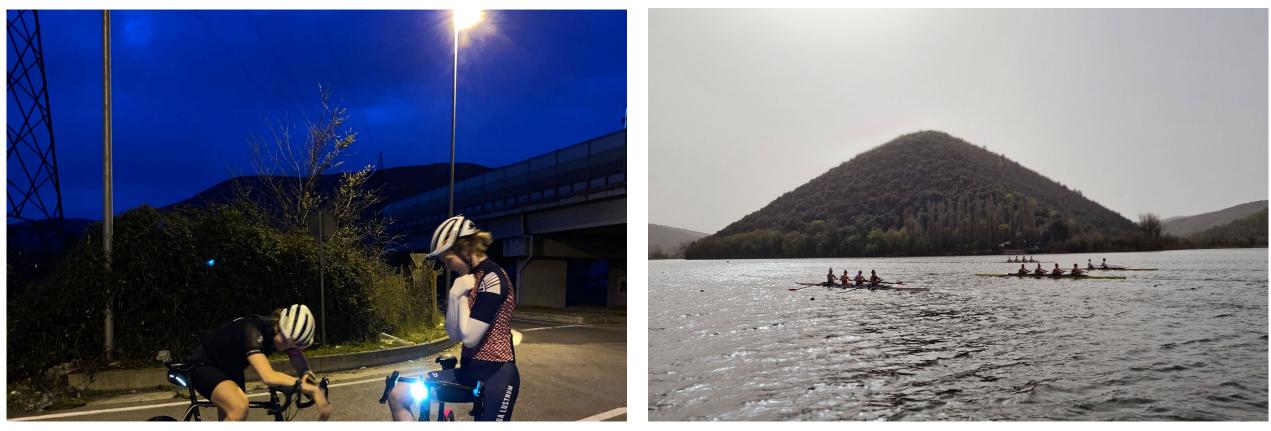


3000 lx

100 000 lx



Timing



21.00 > ZZZ....

13.00 > !!!



Spectrum

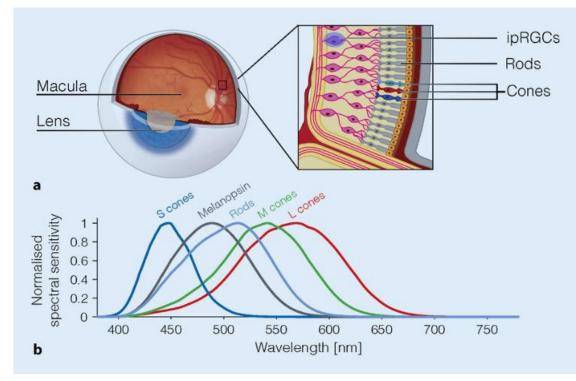


Purple/pink

Bright blue

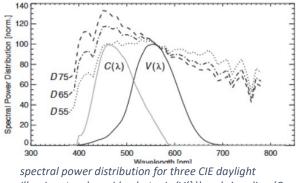


Spectrum

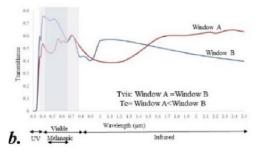


The sensitivity curves of the eye (Blume et al., 2019)

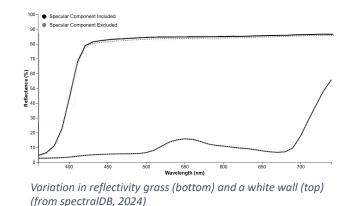




illuminants, alongside photopic (V(λ)) and circadian (C (λ)) sensitivity curves (Andersen et al. 2012)



Variation in transmittance between two windows with similar Tvis (Ardabili et al., 2023)



Quantifying the impact of the available circadian lighting

- Light source:
- Watt: unit of power (J/s)
- **Lumen, luminous flux:** unit of perceived power: total power Weighted by the sensitivity of the eye.
- Lux, illuminance: Visible light at the measurement point
- !! Visible light !!
- > to measure melanopic light:
- Circadian Stimulus (CS)
- Equivalent Melanopic Lux (EML)
- Melanopic equivalent daylight illuminance m-EDI (lx)
 - Fits within the international system of units!

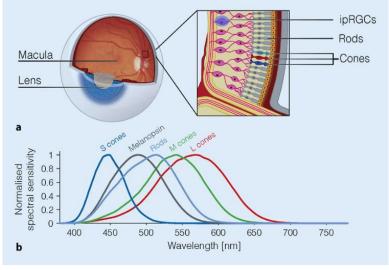


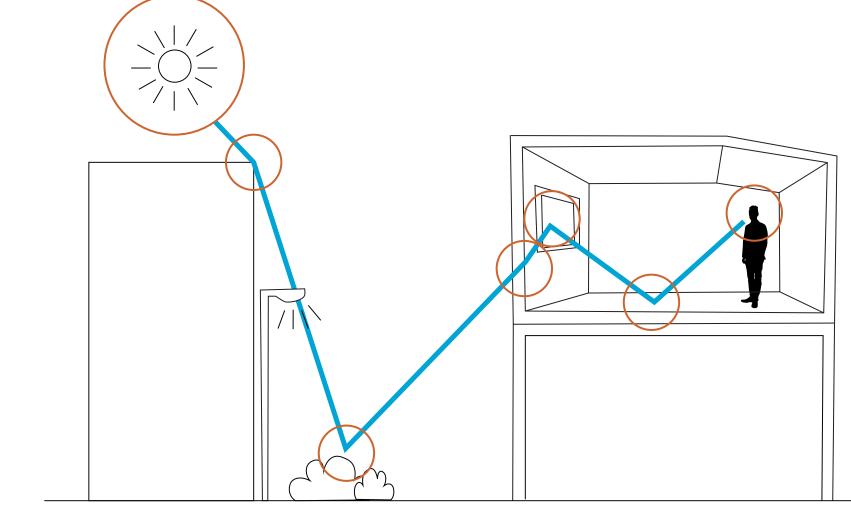
Figure 1-1 the sensitivity curves of the eye (Blume et al., 2019)

		21.00-8.00	8.00-18.00	18.00-21.00
Referer	nce			
value		<1 lx	>250 lx	<10 lx
(mEDI)				

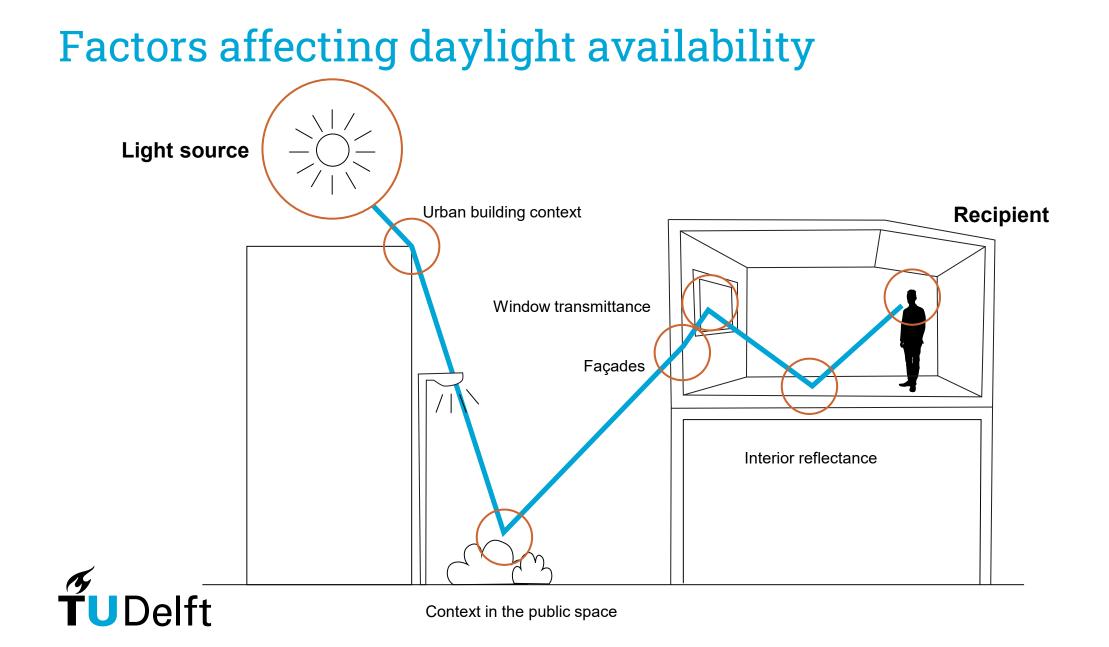
Circadian lighting thresholds for measuring Melanopic equivalent daylight illuminance (based on Brown et al. 2022)

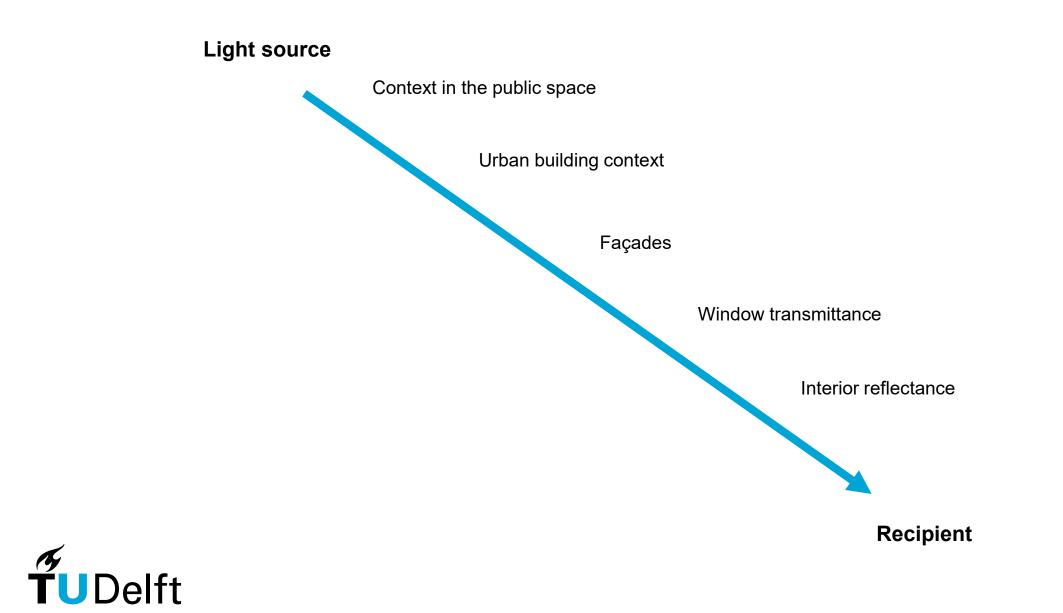


Factors affecting daylight availability

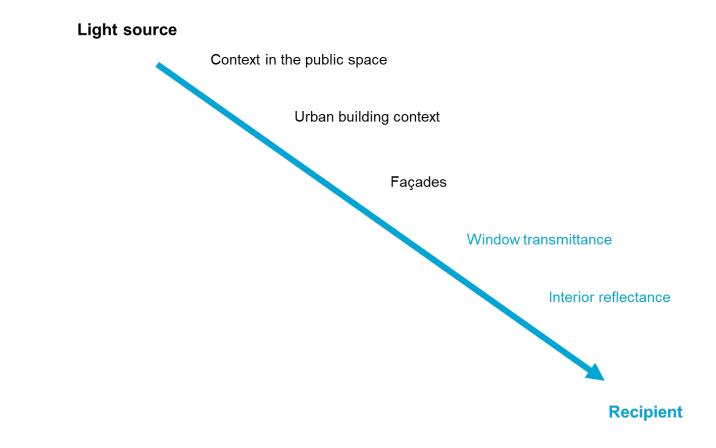






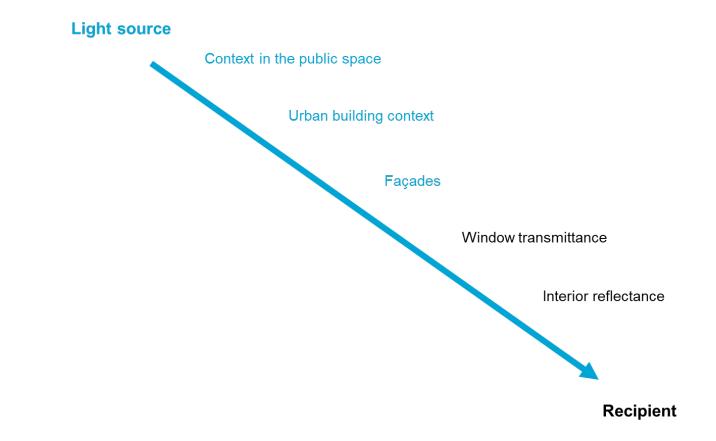


Factors considered consistent

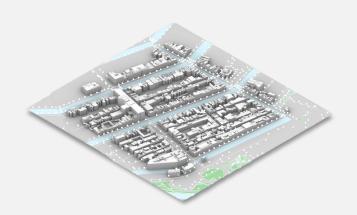




Variable factors

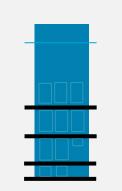






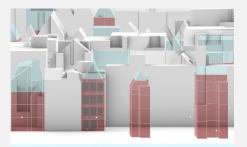
Phase 1

Preparing urban geometrical and geographical information



Phase 2

Phase 3



Extracting building window and floor level information from façade pictures

Window boundary and floor level reconstruction in 3D environment

Geometrical preparation



Geometrical preparation: Phase 1

Preparing urban geometrical and geographical information

Urban context implementation

Waterways & greenspaces

BGT (basic registration large scale topography) (PDOK, 2024)

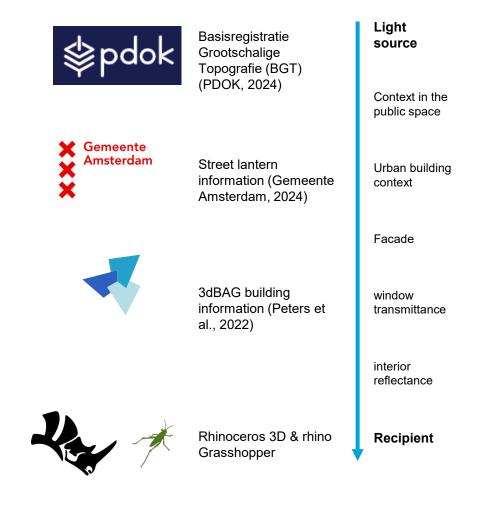
Urban building context

• 3DBAG Building information (Tudelft3d and 3DGI, 2024)

Street lanterns

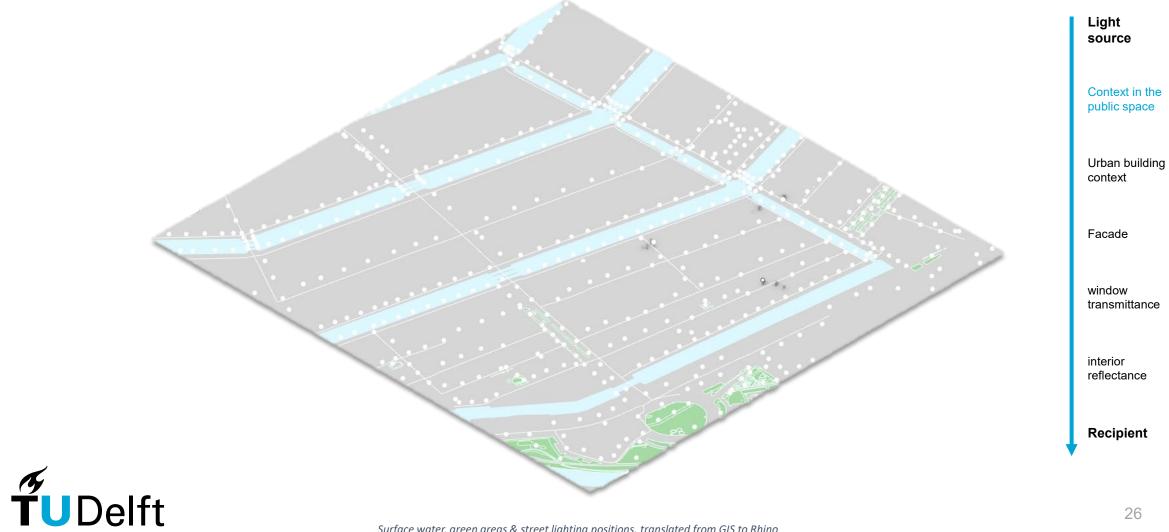
Data.Amsterdam (Gemeente Amsterdam, 2024)

Gathered in a Rhino Grasshopper environment



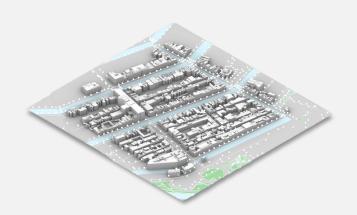


Surface water, green areas & street lighting positions



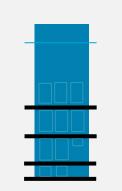
Urban building context





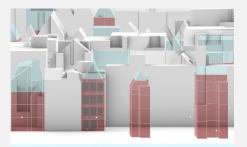
Phase 1

Preparing urban geometrical and geographical information



Phase 2

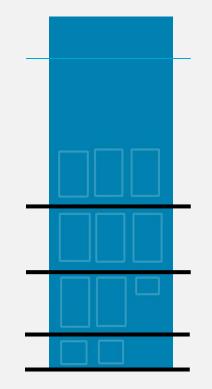
Phase 3



Extracting building window and floor level information from façade pictures

Window boundary and floor level reconstruction in 3D environment

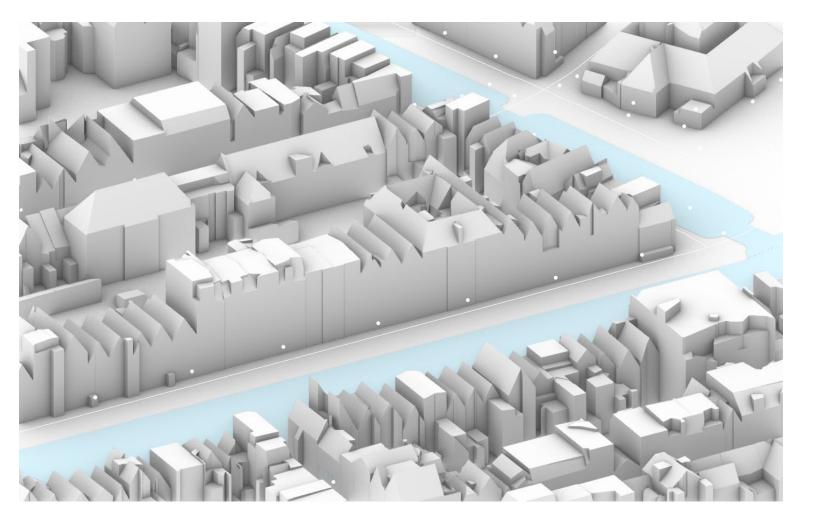
Geometrical preparation



Geometrical preparation: Phase 2

Extracting building window and floor level information from façade pictures

Current level of detail in 3D geometries



TUDelft

Light source

Context in the public space

Urban building context

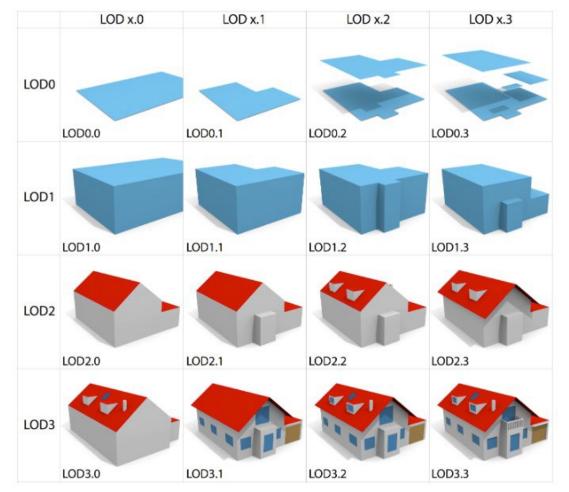
Facade

window transmittance

interior reflectance

Recipient

Urban building context

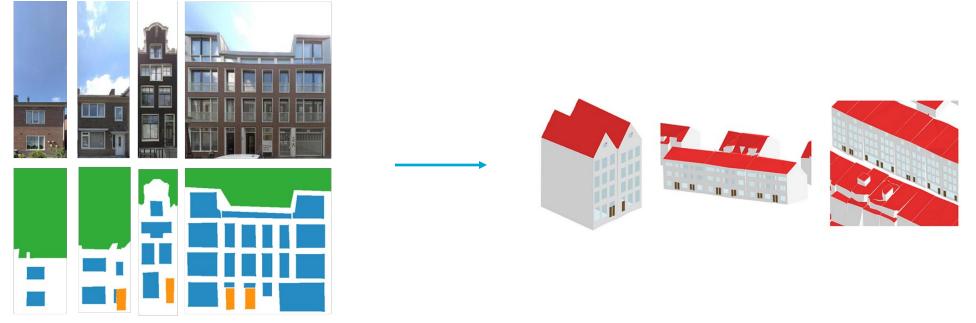






Implementation of façade information:

• Eijgenstein (2020): 3D building enhancement with façade details by panoramic image sequencing



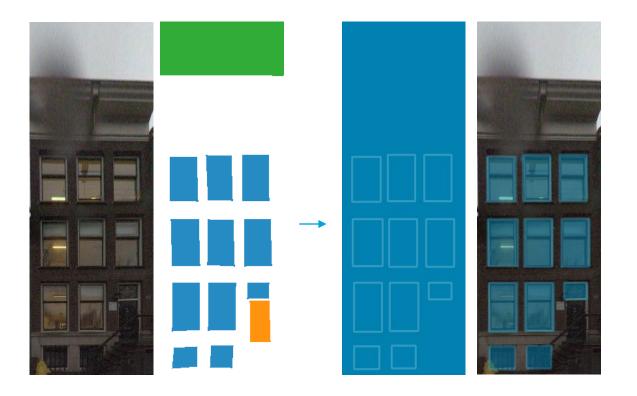
Facade steps from google streetview (top), façade masks (middle) to envisioned LoD 3.1 (Eijgenstein, 2020)

 Note: the visualisation is a demonstration of the potential enhancement. The geometries are placed over a wall surface and not properly integrated into the building.



Preparing for clustering algorithm

- Extract by colour
- Define orthogonal window boundaries

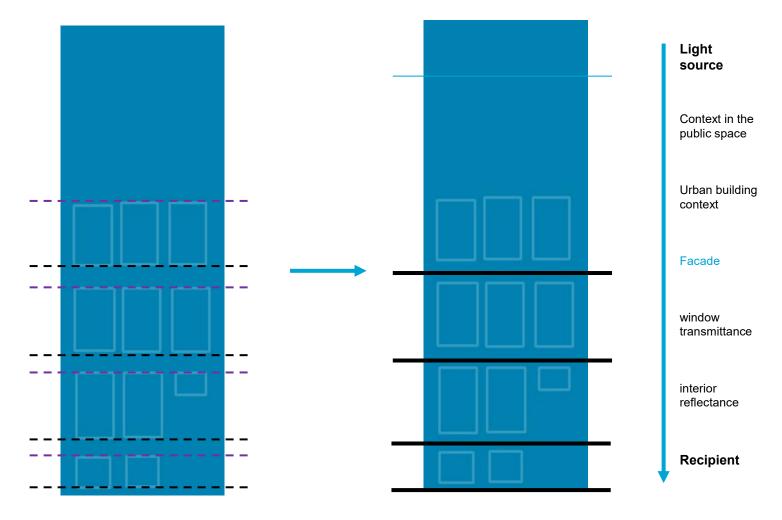


Left pictures: Façade database (Eijgenstein, 2020), right pictures, window shapes retrieved



Clustering algorithm

- For extracting floor levels
- For extracting Window-towall ratio per floor (WWR)

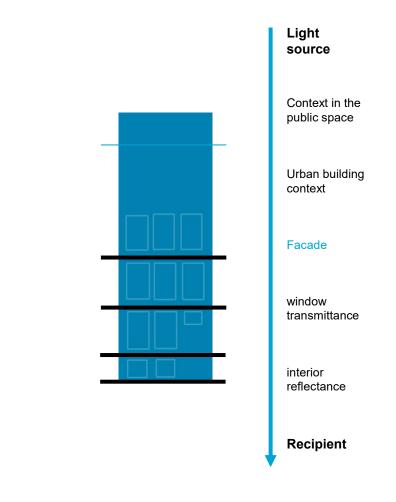




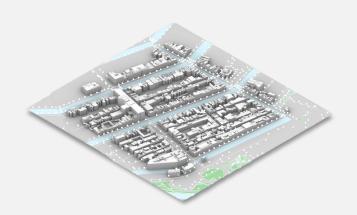
Clustering algorithm

For each floor:

- Amount of window elements
- Relative window placement
- Floor level & ceiling height
 - Estimate at 2/3rd between top and bottom of window cluster boundaries
- WWR $\frac{\sum wall \ areas}{\sum window \ areas}$

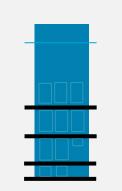






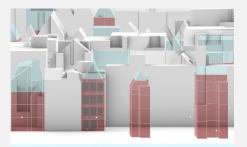
Phase 1

Preparing urban geometrical and geographical information



Phase 2

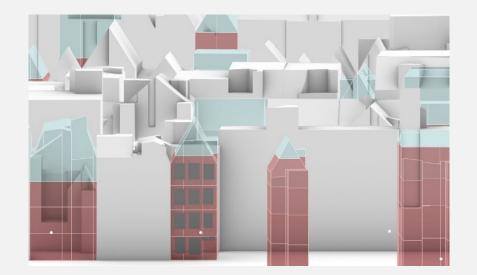
Phase 3



Extracting building window and floor level information from façade pictures

Window boundary and floor level reconstruction in 3D environment

Geometrical preparation



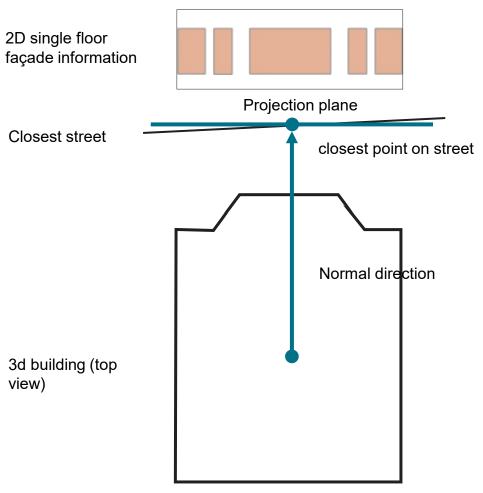
Geometrical preparation: Phase 3

Window boundary and floor level reconstruction in 3D environment

Window reconstruction by projection

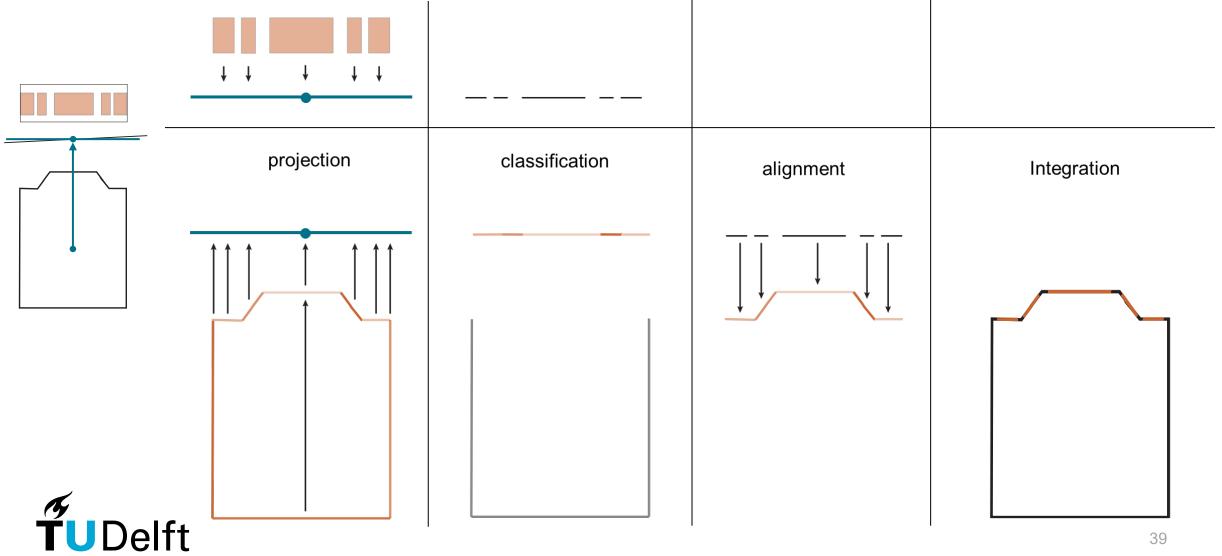
Steps:

- Assign correct facade mask to the building (Building ID)
- Define mask projection plane
- Project 3D to 2D plane
- Shape & project 2D window information
- Project 2D window information to original geometries





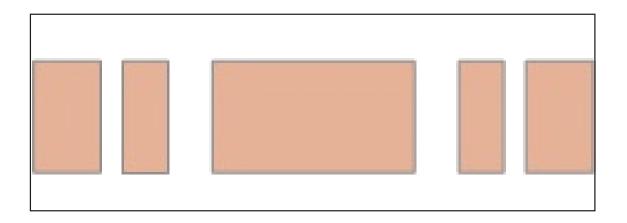
Window reconstruction by projection

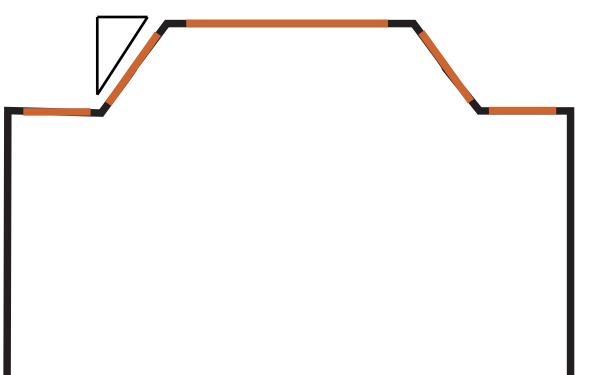


WWR correction

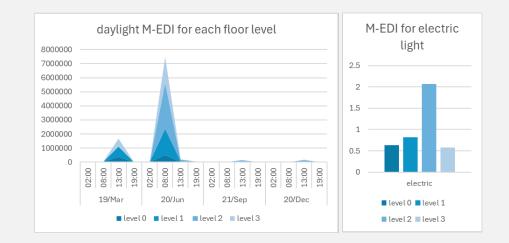
The original geometry's angles guide the projected shape:

The information of the 3D building context allows for improved accuracy of window shapes and sizes

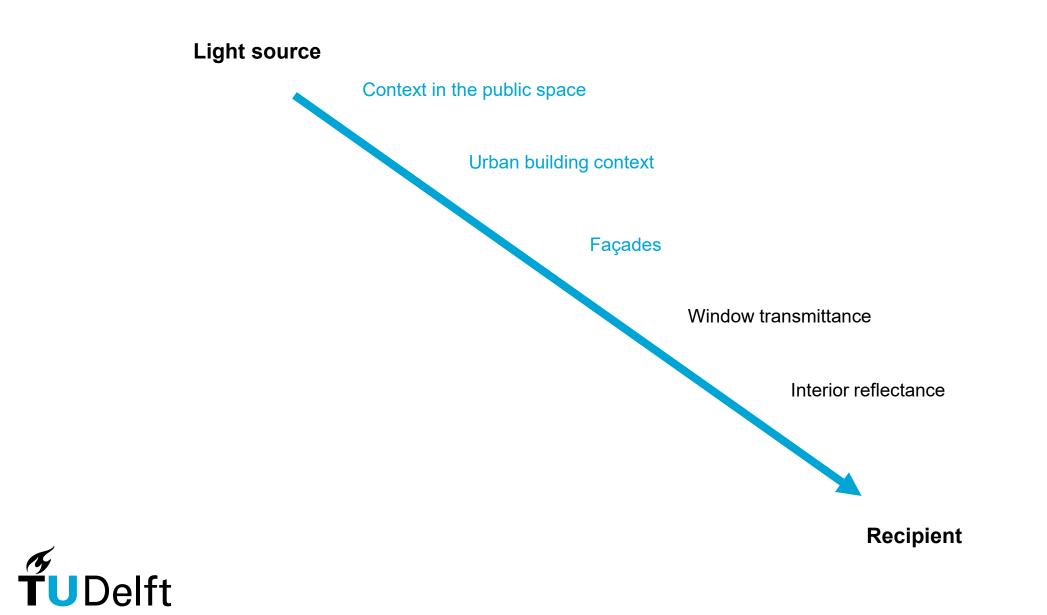


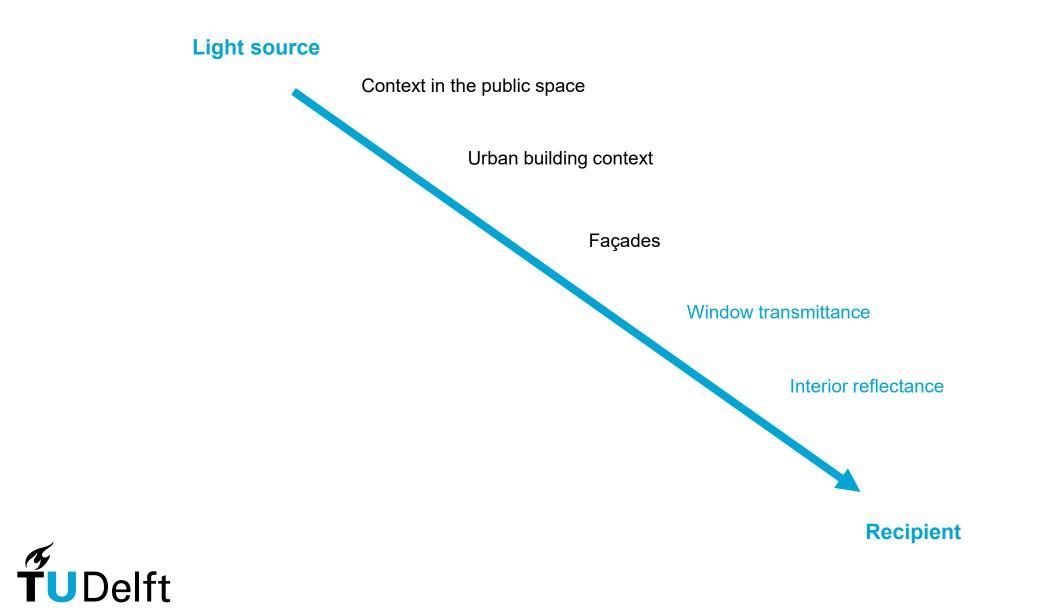




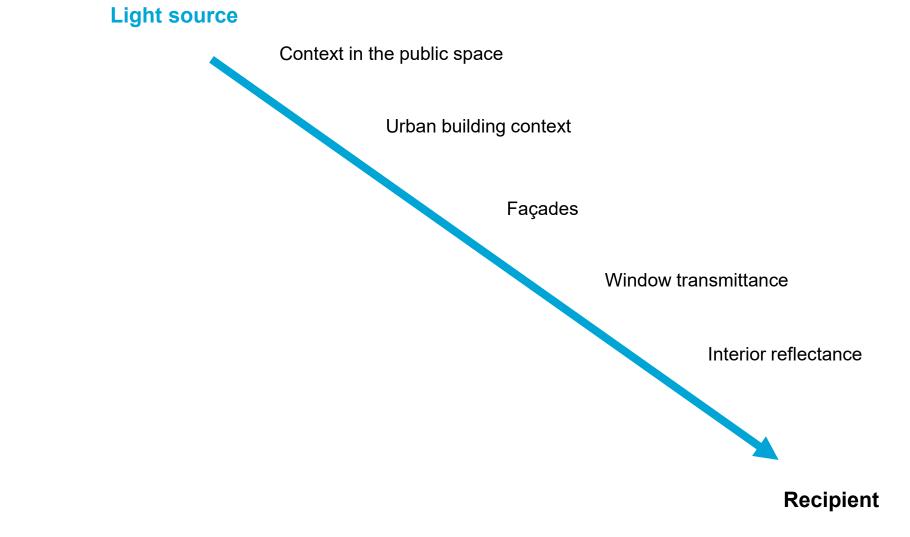


Phase 4: Circadian lighting modelling











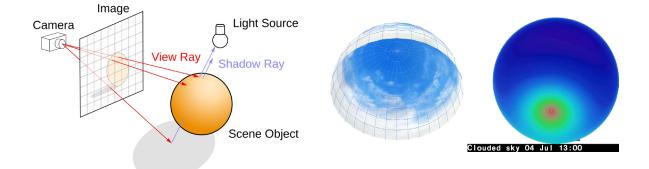
Lighting inputs

Simulation of light:			Light source
•	Daylight:		
	•	Spectrum: SPD: Cie D65 for diffuse light & Cie ASTM for direct light (CIE, 2016)	Context in the public space
	•	Intensity: Clear sky simulation (TAU clear sky, 2009)	Urban building context
	•	Timing: Time affects lighting position (direct sunlight)	
1	Artificial light: streetlight representation in Amsterdam (reference: Gemeente Amsterdam, 2024)		Facade
	•	Spectrum: SPD: standard LED with correlated colour temperature: 3500K	
	•	Intensity: 3612 Im (IES representation of lighting distribution)	window transmittance
	•	Timing : Follows daylight: (when daylight = 0 lx)	interior reflectance
			Recipient

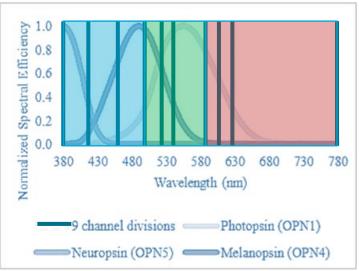


LARK circadian lighting simulation

- Ray tracing: Radiance
 - Settings: 2 ambient bounces
 - Sky simulation
- Simulation in 9 channels, based on melanopic and neuropic sensitivity:
 - Blue, green, red



explanation raytracing and sky simulations (Wikipedia, 2024; own source)





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Flowchart Lark circadian lighting analysis Building geometry /context geometry .ARK set scope (r=100m) material library LARK write radiance spectral properties geometries Honeybee Surfaces 9 channel simulation: daylight analysis Blue channel merged 9 channel 9-channel 9 channel simulation: daylight analysis values from radaince post-processing geometries Red channel calculation Convert SPD to SKY diffuse sky SPD ARK perez spectra 9 channel simulation: color: 9 channels Daylight analysis sky & sun Green channel

Convert SPD to SKY

color: 9 channels

Convert SPD to

radiance materials: 9

channels

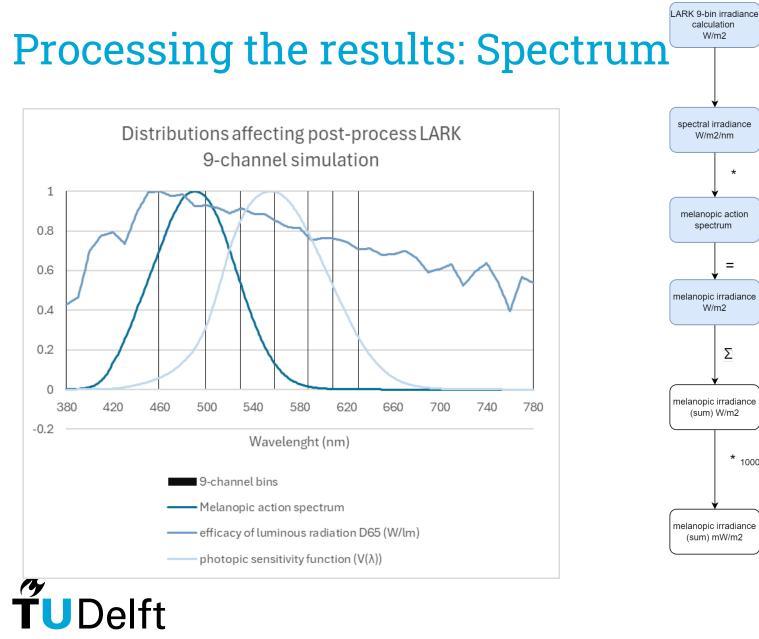
LARK electric light

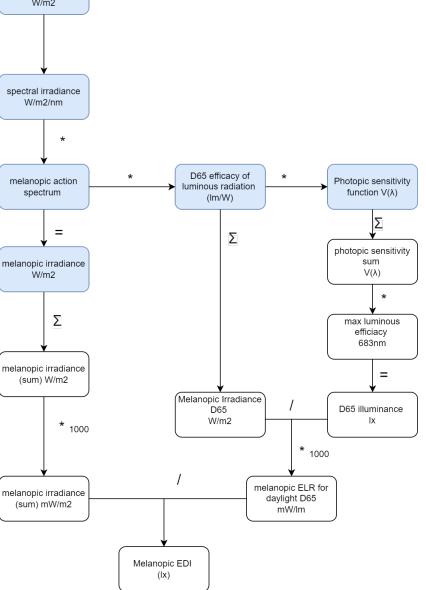
source

direct sky SPD

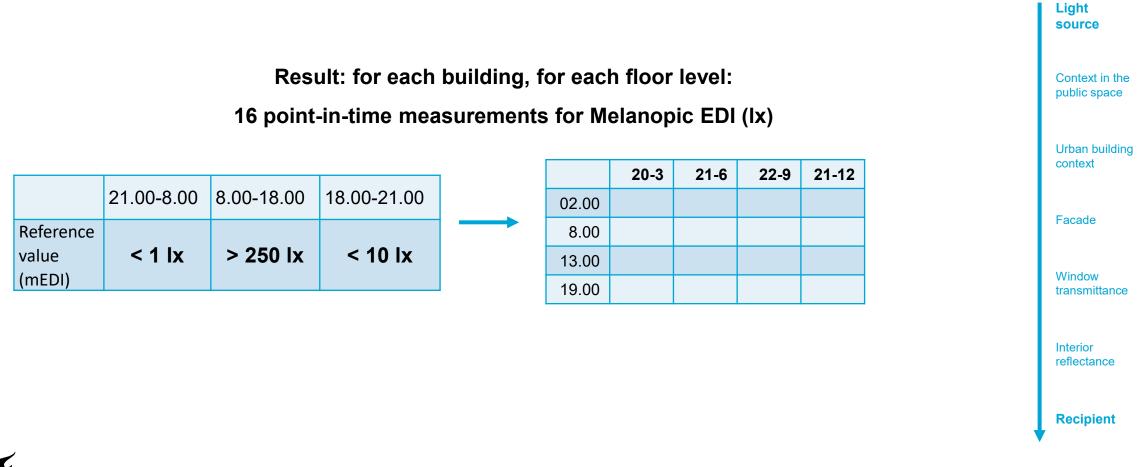
electric lighting SPD

TUDelft





LARK 9 channel calculation

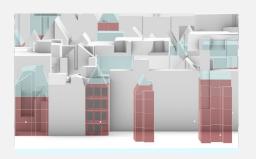




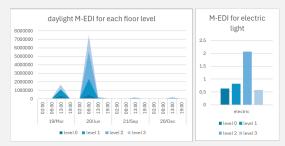






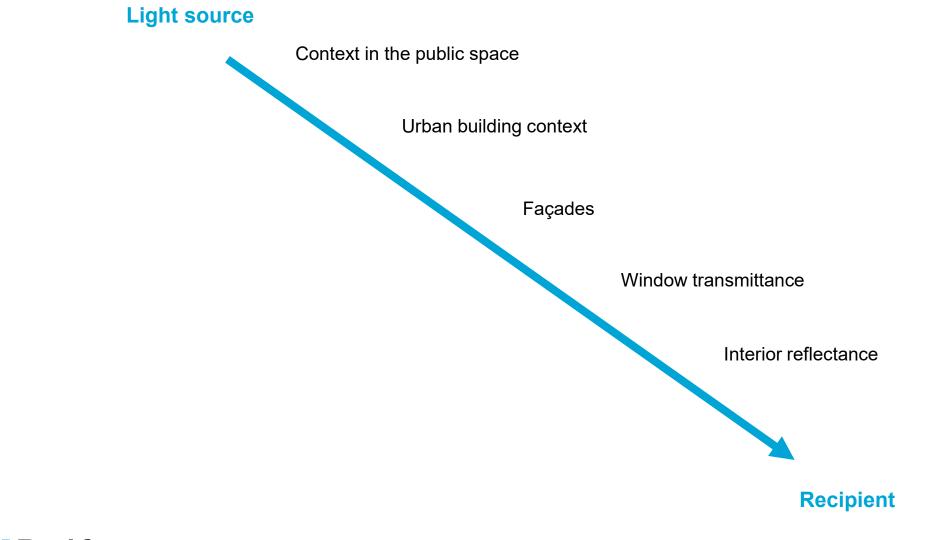








Circadian lighting analysis on city-level





Large-scale floor level iteration



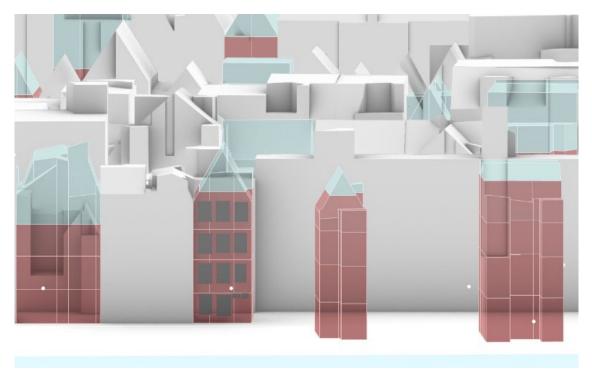
Large scale floor-level splitting



split level buildings, visualized side by side with google maps 3D image (google, 2024)



Large-scale floor level splitting & window placement samples



validation: floor level splitting returned similar results for the large-scale assessment as for the 5-building iteration





Result: 5 buildings with window placement

Building 1

Building ID: 363100012179151



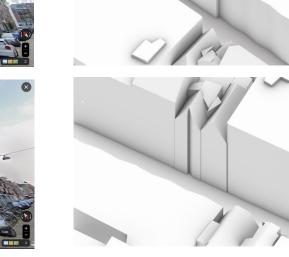
Building 2

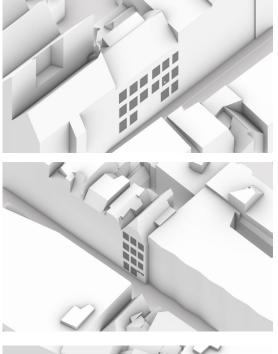
Building ID: 363100012179524

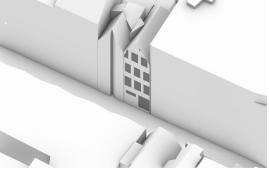


Building 3

Building ID: 363100012179516









55

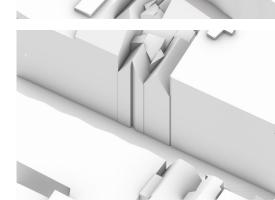


Building 3

Building 4

Building ID: 363100012179516

Building ID: 363100012180112





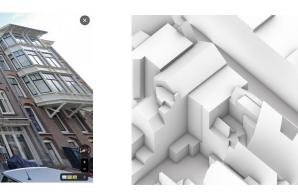




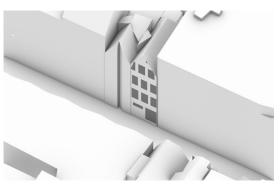


Building 5

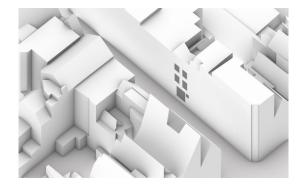
Building ID: 363100012179197













building selection and window construction visualised (google maps, 2024 and own source)

9 channel simulation

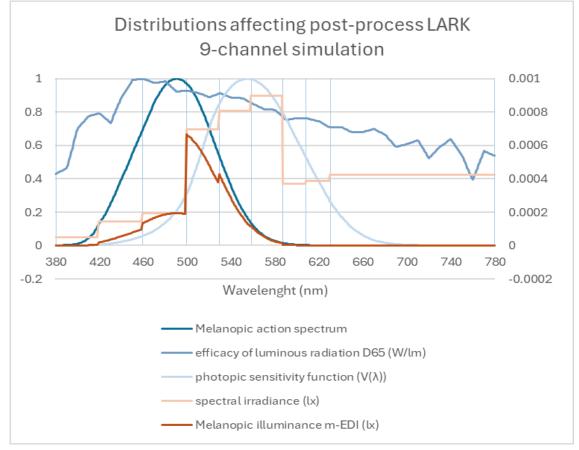
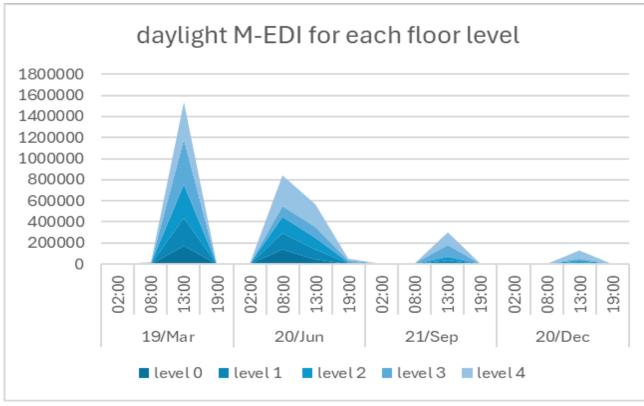
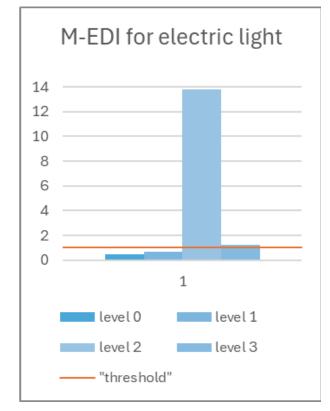


Figure 4-11 LARK post processing





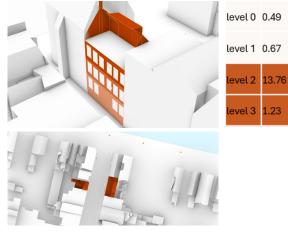




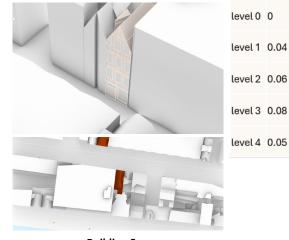




Artificial lighting results

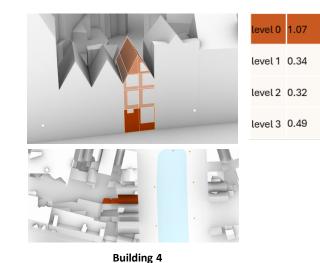


Building 1



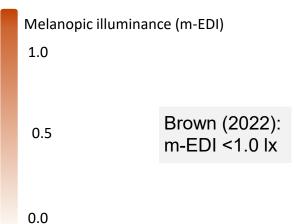


Building 3





Building 5



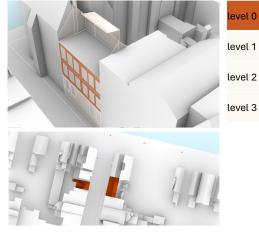
TUDelft

Natural lighting results: mid-winter (21-12, 13.00)

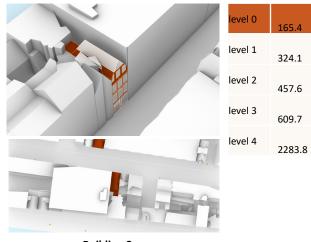
515.4

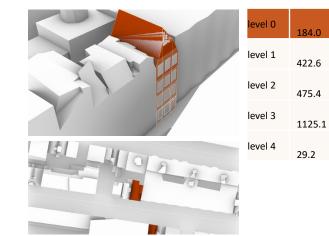
453.7

Х

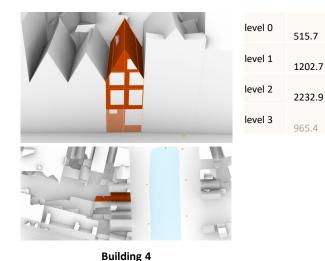


Building 1

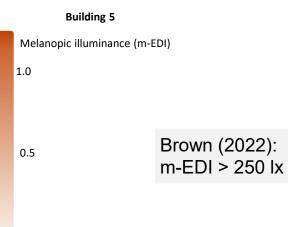




Building 3



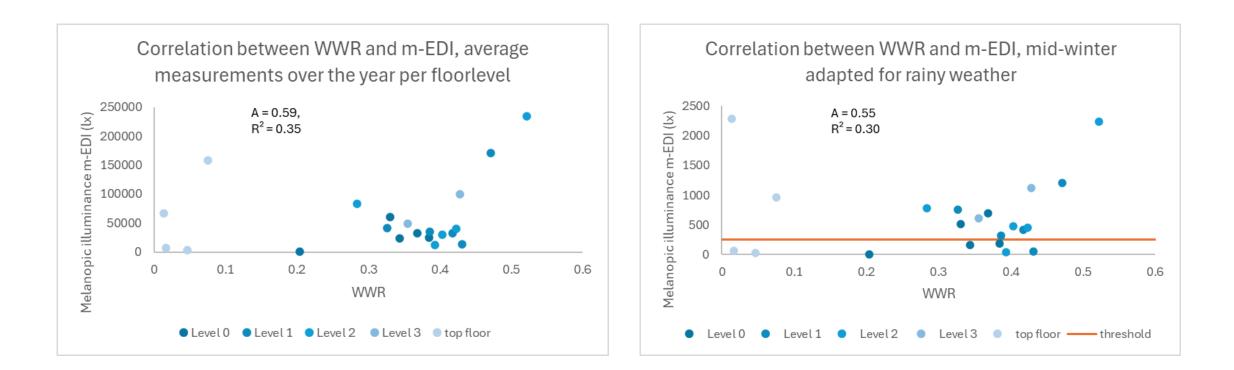




0.0

FUDelft

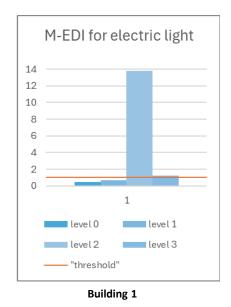
Results, visualised.

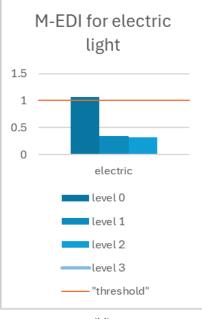




Results:

- Impact of streetlight on circadian light (at night)
 - With lighting placement near buildings, as shown in the case of Building 1, the artificial lighting values well exceed appropriate levels for m-EDI by night, and even the levels for evening exposure are surpassed in this situation.
- Impact of cities on circadian lighting availability
 - Consistently sufficient daylight for mid-day
 - Surplus in summer evenings, lack in winter evenings
 - High variation between floor levels for small streets









Discussion

Research question & goals

What is the impact of façade design and lighting design on circadian health in urban context?

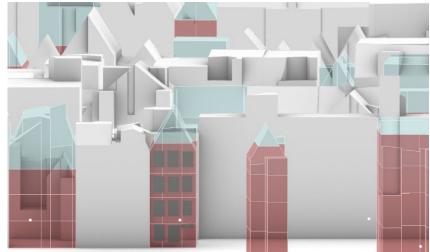
Enhancement of the accuracy and usability of the current 3D models for circadian lighting analysis, with the development of a method to enrich existing 3D data by incorporating precise information about window and floor levels.

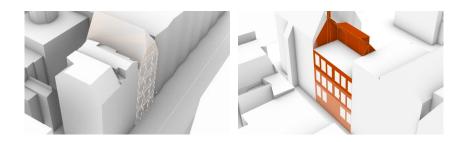
The execution of a large-scale circadian lighting analysis that delivers results with a level of accuracy that closely approximates real-world conditions for individual homes and floor levels.



Enhancement of current 3D models

- A workflow of implementing picture-based façade information in largescale datasets is feasible:
- Merging of 3DBAG, (based on satellite-imaging: 2D within the horizontal plane) with street-level imaging (2D within the vertical plane) brings a new Level of Detail that has not been found feasible with a single data source.
- Improving the accuracy of window information, including complex façade geometries
- Implementing building-specific floor-level information in the 3D geometries



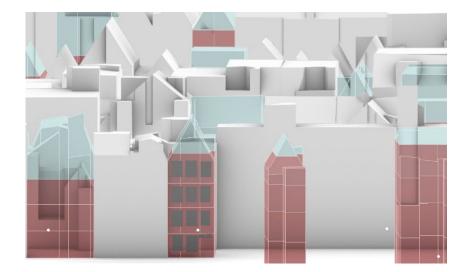


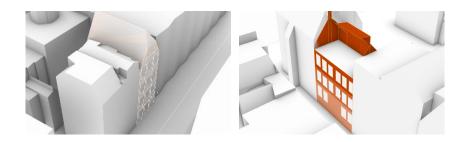


Enhancement of current 3D models

Discussion:

- The level of accuracy of both sources is not high enough to derive accurate top-floor window placements, especially for buildings with complex façade shapes
- some inconsistencies appear with façade splitting, resulting in nonwatertight geometries

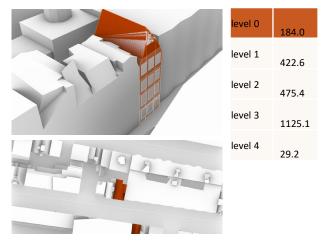




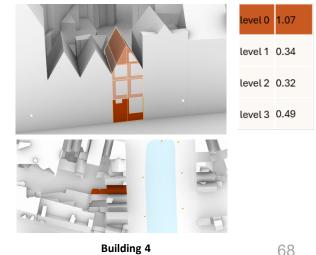


Large-scale circadian lighting analysis

- Surplus of artificial light & shortage of natural light in winter caused by urban context: buildings and street lighting
- Circadian lighting availability is heavily affected by daylight availability, and thus by seasonal variations: All buildings tested retrieve sufficient mid-day incident circadian light over the seasons.
 - Summer evenings encounter a surplus
 - Winter mornings and evenings encounter a shortage.
- High variations are found for different building levels: the addition of floor level information for large-scale circadian lighting assessment is shown highly relevant.



Building 3

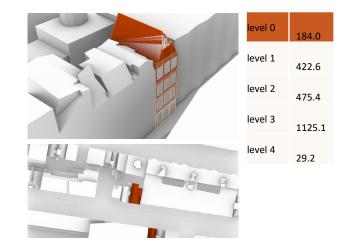




Large-scale circadian lighting analysis

Discussion:

- Representative urban context: Trees, lights, moving objects, surface reflectance
- Representative lighting conditions
- Top-floor accuracy: geometrical complications lead to inaccurate lighting results



Building 3





Design recommendations

Light source:

• Spectrum: spectral tuning for minimizing the circadian receptivity of light

Intensity: light-source design optimisation for small streets (orientation, placement)

Urban building context

Context in the public space

Context:

• Regulations: development of regulations of incident circadian light

window

transmittance

Facade

Façade:

 Optimise façade design per floor level to help counteract urban context light blocking

Recipient

interior reflectance

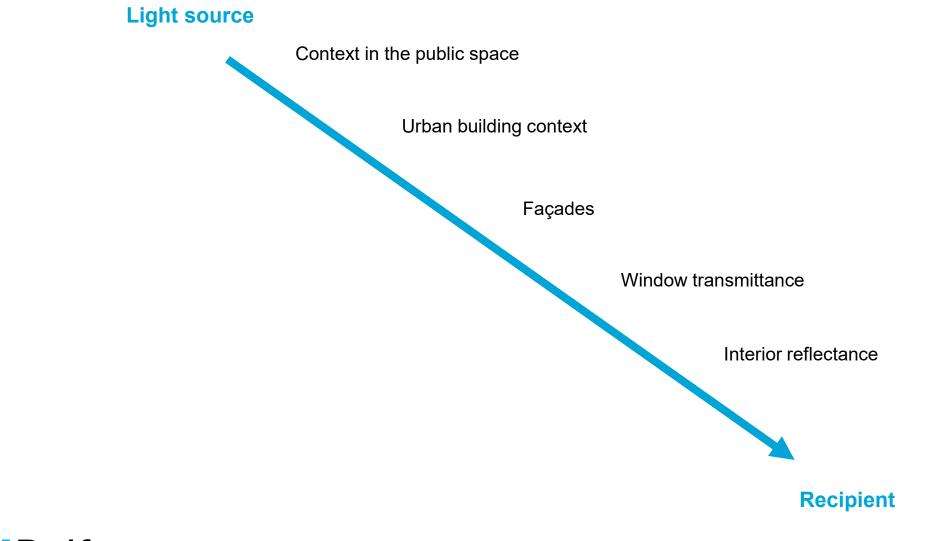
Further development for large-scale analysis would allow for a multi-factor analysis and more specific design suggestions can be derived.



Further recommendations

- Translation of the concept from Grasshopper to a Python environment for large-scale assessment
 - window integration
 - Circadian lighting analysis
- Enlarging the information basis of façade information
- Lighting analysis:
 - Implementation of more accurate electric light sources (municipality)
 - Implementation of representative daylight SPD variations









Thank you

Impact of façades

 What design recommendations can be derived from the assessment of the impact of façade design and lighting design on circadian health in urban context?

Orientation & WWR



Impact of urban context elements

 What factors are to be taken into consideration for modelling the impact of urban context on circadian light availability in existing buildings?

Constant factors

- Artificial light is steady, always negative. Can be filtered with a constant factor: window transmittance, window placement or root solution: spectral tuning.
- Intensity
- Spectrum
- Timing

Reactive factors:

Mitigating seasonal effects

Daylight is highly variable, and thus there must be designed with this variation in mind: in summer, a surplus of daylight is eminent in evenings:



- Dense building environments can have a negative impact of daylight availability, which is especially eminent on lower levels in small streets.
 - With the proof of this workflow, an estimate can be done of which buildings and which floor levels suffer most from lack of natural circadian light, based on their urban context and their façade design. This information could motivate urban planners to design more consciously, could help interior designers and architects to allocate living functions within a home,
- Next to that, this helps bring the relevance of architectural design for circadian health under attention, encouraging
 policy-makers to develop regulations for general urban health.



- Intensity;
- Spectrum;
- Duration;
- Timing;
- Contrast.

	21.00-8.00	8.00-18.00	18.00-21.00
Reference	-4 bi	> 050 br	40 hr
value	<1 lx	>250 lx	<10 lx
(mEDI)			

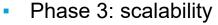
Circadian lighting thresholds for measuring Melanopic equivalent daylight illuminance (based on Brown et al. 2022)



Discussion

- Phase 1: Representative urban context:
 - Trees
 - Other obstruction elements
 - Moving objects & additional artificial lighting
 - Lighting & reflection values from windows in urban context
- Phase 2: Assumptions in extracting façade & floor level information:
 - Orthogonal windows
 - Simplification of roof shapes for WWR (inaccurate top level WWR calculation)
 - Relative floor positioning

- Phase 4:
 - Representative lighting conditions:
 - Lack of accurate street lighting information Variation of daylight SPD through the day
 - High daylight values;
 Representative window transmittance Interior reflectance orientation of the recipient
 > impact on incident artificial light





Methodological limitations:

Grasshopper environment: Complexity for elaborate data structures:

- error propagation
- tool limitations
- lack of debugging tools
- data misalignment

Little timestamps were measured for:

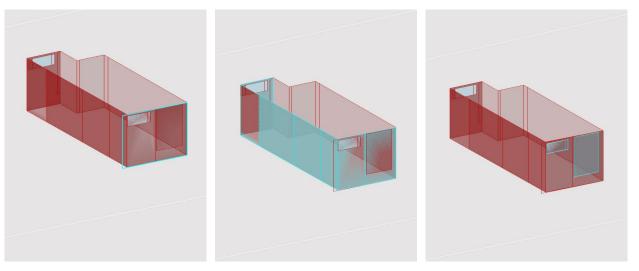
- tracing the scale of impact daylight has on consistency in rhythm over extended periods of time
- How these nuances affect design choices



Methodological limitations

Window boundary reconstruction & projection

- Grouping façade 3D façade elements based on normal direction and closeness to the street:
 - **limit**: non-parallel façade elements visible from the picture are excluded
- Selection of visible facades with the Grasshopper Make2D algorithm, returning visible elements
 - **limit**: Tool designed for flattening in view, aimed for visualisations
 - **limit**: high calculation time





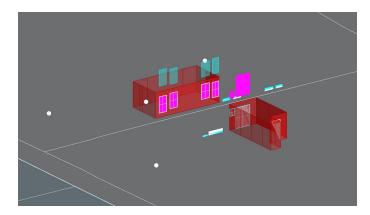
Example: limit when using the make2D algorithm takes a façade edge into account

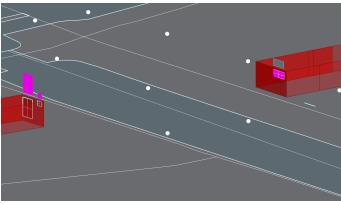
THRASH

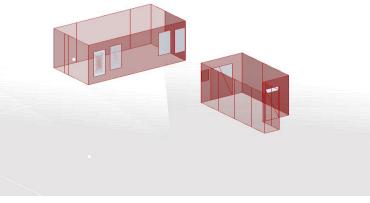


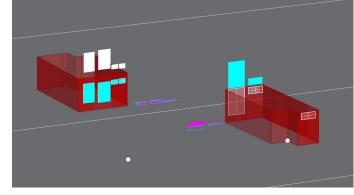
Methodological limitations

- Relative window position
 - Four different window plane projection methods are needed to cover the variation in orientation and thus relative vector multiplication
 - For extracting the window boundaries, this is no issue as all window planes are outside of each other's range and thus no extraction of duplicate windows is done.











Four versions of boundary reconstruction are needed to find correct window placement for different façade orientations 83

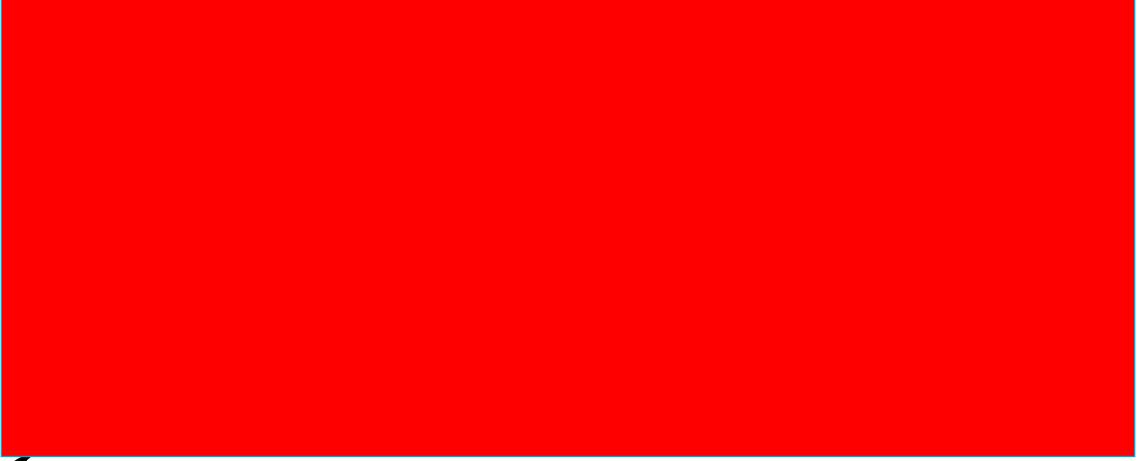


Fun idea about design recommendation:

- Visualise the use of the tool in illustrator in different manners!!
- Light source placement could be easily tested with this model
- Urban canyon
- Sketch design of a building that includes:
- Orientation
- Wwr differences per floor
- Window transmittance



Check why march and September are so strongly different????





Design impact

Write about different target groups: How can who affect which design impact factors? Who is the strongest stakeholder in affecting circadian health?



LARK 9 channel calculation

Lighting calculations done with LARK spectral lighting tool (RADIANCE-based simulation) For each colour channel:

- HB grid-based simulation analysis recipe:
 - climate-based sky
 - 0 Ix sky for electric lighting simulation
- Clear sky situation: Tau Clear sky
- HB Daylight analysis, grid-based simulation (single sensor per floor, single direction)
- run LARK radiance files
- Merge channel output

Result: for each building, for each floor level, 16 point-in-time

measurements for Melanopic EDI (Ix)

					anonnaan	
	20-3	21-6	22-9	21-12		
02.00					Interior	
8.00					reflectance	
13.00						
19.00					Recipient	

Light source

Context in the

Urban building context

Facade

Window

transmittance

public space

How to measure circadian lighting?

- Circadian Stimulus (CS) (Rea et al. 2021)
 - > 0.3 CS during daytime and < 0.1 CS during evening hours (Li et al., 2022)
- Equivalent Melanopic Lux (EML) (lucas et al., 2014)
 - > 4 hours with > 275 EML before noon (IWBI, 2022)
- Melanopic equivalent daylight D65 illuminance (mEDI) (CIE, 2018)
 - > 250 lx during daytime;

UDelft

- > 10 lx from 18:00 to 21:00;
- > 1 lx from 21:00 to 08:00 (Brown et al., 2022)
- Measurement in a digital environment:
 - LARK (version 3.0: Jung et al., 2023) > open, mEDI measurements
- ALFA (version 1.9: Solemna,, 2024) > licenced, EML measurements

	21.00-8.00	8.00-18.00	18.00-21.00
Reference			
value	<1 lx	>250 lx	<10 lx
(mEDI)			

Circadian lighting thresholds for dimeasuring Melanopic equivalent daylight illuminance (based on Brown et al. 2022)

Radiance settings

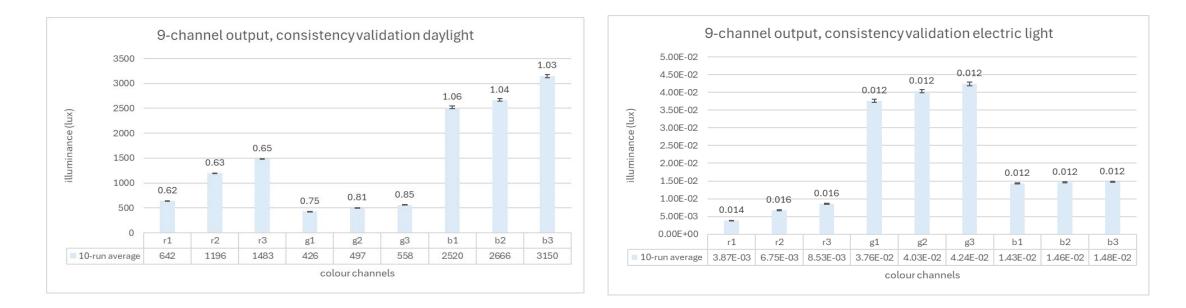
- LARK calculation template
- quality 0
- -ab 2
- -ad 512
- -as 256
- -ar 128
- -aa 0.100
- -lw 0.0001

- the settings as described by Jung et al. (2023)
- -ab 6
- -ad 102
- -as 500
- -ar 100
- -aa 0.1
- lw 0.0001

- The final settings derived from these two metrics:
 - quality 2
 - -ab 2
 - -ad 1024
 - -as 256
 - -ar 128
 - -aa 0.1
 - -lw 0.0001



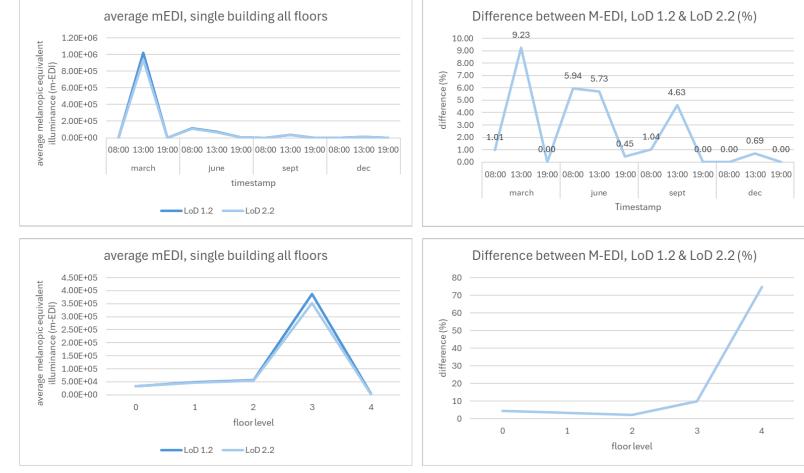
Consistency validation 9-channel simulation



consistency validation of radiance 9-channel calculation



Comparison in daylight availability measurements for two contextual levels of detail (loD1.2, LoD2.2)





Comparison in daylight availability measurements for two contextual levels of detail (loD1.2, LoD2.2)

Material library

Property	Value	Value	Value	Value	Value	Value	Value
V(λ) Reflectance	12.84%	18.38%	62.96%	88.42%	35.91%	11.96%	10.39%
M(λ) Reflectance	10.53%	17.03%	54.37%	87.47%	25.72%	7.47%	22.14%
M/P Ratio	0.82	0.93	0.86	0.99	0.72	0.62	2.13
Specularity	0.00%	0.27%	0.31%	1.04%	0.00%	0.00%	0.00%
Roughness	0.30	0.20	0.20	0.20	0.00	0.20	0.00
	01137, Dirty brick	01100, Concrete Grey Exterior Floor Tiles	00704, Beige Plaster Wall	00583, White painted ceiling	00434, Wood Maple	01110, Grass	00496, Purplish Blue



Lighting measurements

Reference values: Brown et al. (2022)

Measurement positioning:

• Recipient: Brown et al. (2022) centre of the room at seating hight (1.1m), oriented towards the window

21.00-8.00	8.00-18.00	18.00-21.00
1 mEDI	250 mEDI	10 mEDI

Circadian lighting thresholds for different measurement metrics (based on Brown et al. 2022)

Light source

Context in the public space

Urban building context

Facade

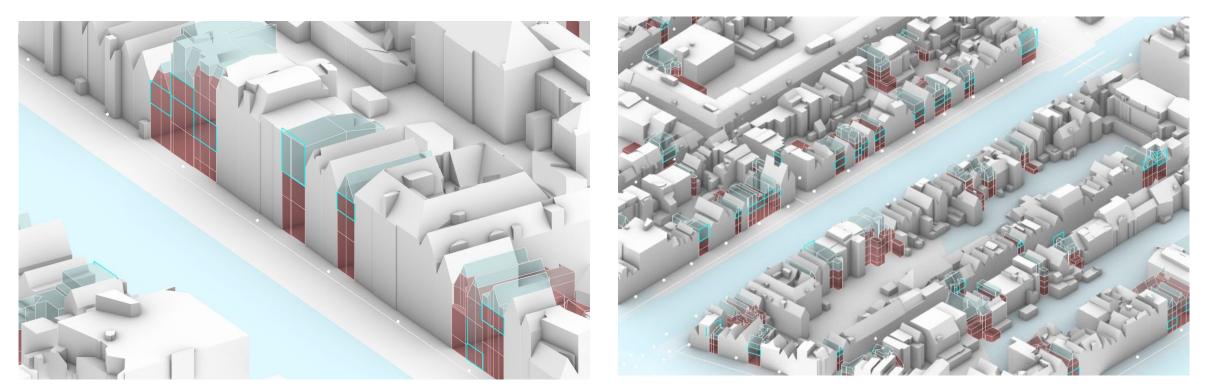
window transmittance

interior reflectance

Recipient



Large-scale window plane per floor



selection of window plane, per floorlevel (level 3 selected)



Single building tests

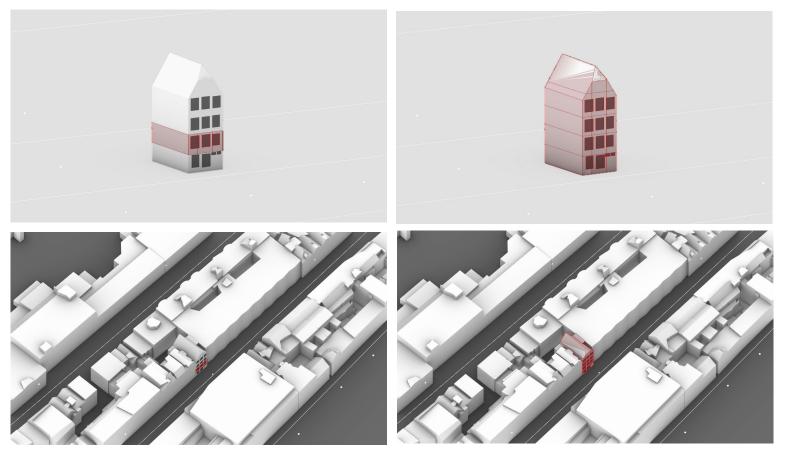


Figure 4-14 Single floor test (left) single building test (right)



Building-level scope (intensity, spectrum)

- Window transmittance
 - Influential, affecting distribution and intensity (0-1)

double glass HR++ 0,7-0,8

solar controlled glass 0,1 (joostdevree.nl, 2024)

- Interior reflectance
 - Influential: Within the bounds of EN 17037 (regulatory values): variations of 50% (Koster, 2022)
- Recipient
 - Positioning, behaviour, individual variation for circadian lighting sensitivity

