Graduation Plan

Master of Science Architecture, Urbanism & Building Sciences

Graduation Plan: All tracks

Submit your Graduation Plan to the Board of Examiners (<u>Examencommissie-BK@tudelft.nl</u>), Mentors and Delegate of the Board of Examiners one week before P2 at the latest.

The graduation plan consists of at least the following data/segments:

Personal information	
Name	Daniël Koster
Student number	4553780

Studio		
Name / Theme	Building technology graduation studio: Daylighting	
Main mentor	Dr. Eleonora Brembilla	AE+T: Environmental and
		climate design
Second mentor	Dr. Azarakhsh Rafiee	AE+T: Digital technologies
Argumentation of choice	Daylighting has a large impact on everyday life.	
of the studio	Therefore, research in this field interests me the most out	
	of all BT topics.	

Graduation project				
Title of the graduation project	Integrating context and non-visual effects of light in current daylighting evaluation methods: design consequences in Dutch urban areas.			
Goal				
Location:		Urban areas in the Netherlands		
The posed problem,		In the Netherlands, daylight performance in urban areas is not protected by building regulations which results in insufficient daylighting in new buildings.		
research questions and		Main RQ: What are the design consequences in Dutch urban areas when context and non-visual effects of light are integrated in current daylighting evaluation methods? Sub RQ1: What daylight metrics are		
		currently used to evaluate daylighting performance, and what are the requirements for buildings in Dutch urban setting?		

	Sub RQ2: To what extent does urban context affect daylighting performance and how can it be integrated with current assessment methodologies?
	Sub RQ3: What is an effective design strategy to increase daylighting performance in Dutch urban areas?
design assignment in which these result.	The design assignment is to run daylighting simulation and to integrate urban context and non-visual effects of light in current evaluation methods.
	After that, this research will examine which parameters in Dutch urban context suggest a correlation with daylighting performance, and therefore can be used as an urban indicator for daylighting performance.

Process

Method description

To answer the main research question, a combination of literature research and model simulation is used.

First, by literature research, daylighting performance is defined and a sufficient level of photopic & circadian-effective light is determined. This will be done based on current building codes, green-label certificates, and state-of-the-art research on melanopic/circadian-effective illuminance.

Secondly, daylighting metrics will be chosen that accurately expresses performance and reflect real-world practice. These daylighting metrics will be used as output metrics for simulation work. Strengths and weaknesses of each daylighting metric will be discussed, as well as the method on how to calculate them (static or CBDM simulation & photopic or melanopic).

Thirdly, different aspects of urban context are evaluated based on daylighting performance in a standard residential tower. The research will focus on a limited number of locations in Dutch cities that are representative for the typical urban context in the Netherlands. The parameters of each location vary in floor-space-index (FSI), Ground-space-index (GSI) and open-space-ratio (OSR) and layer (L). Both

static (daylight factor) and CBDM simulation will be performed to calculate the daylighting performance in the different locations. Then, all data on daylighting performance is collected and compared to different parameters to see if there is a reliable urban/building indicator for performance.

Finally, the worst performing residences in their respective urban context are simulated for circadian-effective illuminance metrics. These results can be used to assess how a real-world situation can unfold if daylighting is not optimized for urban context. In the final thesis, it will be discussed what this means for our wellbeing and what we can do to improve these situations.

As a result, the research will produce relevant data on daylighting performance in different urban settings throughout the Netherlands. Analysis will be performed by plotting the results in graphs, to show the relationship between urban parameters and daylighting performance. To give answer to the main research question, performance threshold values can be derived from the data and design recommendations can be made for different urban situations.

Literature and general practical preference

- 1. Andersen, M., Mardaljevic, J., & Lockley, S. (2012). A framework for predicting the non-visual effects of daylight Part I: photobiology- based model. Lighting Research & Technology, 44(1), 37–53. https://doi.org/10.1177/1477153511435961.
- 2. Altenberg Vaz, N., & Inanici, M. (2020). Syncing with the Sky: Daylight-Driven Circadian Lighting Design. LEUKOS, 17(3), 291–309. https://doi.org/10.1080/15502724.2020.1785310.
- 3. Bellia, L., Pedace, A., & Barbato, G. (2014). Winter and summer analysis of daylight characteristics in offices. Building and Environment, 81, 150–161. https://doi.org/10.1016/j.buildenv.2014.06.015
- Brainard, G. C., Hanifin, J. P., Greeson, J. M., Byrne, B., Glickman, G., Gerner, E., & Rollag, M. D. (2001). Action Spectrum for Melatonin Regulation in Humans: Evidence for a Novel Circadian Photoreceptor. The Journal of Neuroscience, 21(16), 6405–6412. https://doi.org/10.1523/jneurosci.21-16-06405.2001.
- 5. BREEAM-NL certificate (2014). New and existing construction. HEA 1, daylight entrance. Received via https://richtlijn.breeam.nl/credit/daglichttoetreding-10.
- 6. BREEAM-NL certificate (2020). New construction. Received from https://richtlijn.breeam.nl/1-inleiding-383.
- 7. Brown, T. M., Brainard, G. C., Cajochen, C., Czeisler, C. A., Hanifin, J. P., Lockley, S. W., Lucas, R. J., Münch, M., O'Hagan, J. B., Peirson, S. N., Price, L. L. A., Roenneberg, T., Schlangen, L. J. M., Skene, D. J., Spitschan, M., Vetter, C., Zee, P. C., & Wright, K. P. (2022). Recommendations for daytime, evening, and nighttime indoor light exposure to best support physiology, sleep, and wakefulness in healthy adults. PLOS Biology, 20(3), e3001571. https://doi.org/10.1371/journal.pbio.3001571.

- 8. Boivin, D. B., Duffy, J. F., Kronauer, R. E., & Czeisler, C. A. (1994). Sensitivity of the Human Circadian Pacemaker to Moderately Bright Light. Journal of Biological Rhythms, 9(3–4), 315–331. https://doi.org/10.1177/074873049400900311.
- 9. Bouwbesluit (2012). What is the Building Code? Received via https://www.rijksoverheid.nl/onderwerpen/bouwregelgeving/bouwbesluit-2012.
- 10. Cajochen, C., Zeitzer, J. M., Czeisler, C. A., & Dijk, D. J. (2000). Dose-response relationship for light intensity and ocular and electroencephalographic correlates of human alertness. Behavioural Brain Research, 115(1), 75–83. https://doi.org/10.1016/s0166-4328(00)00236-9.
- 11. Catalina, T., Virgone, J., & Iordache, V. (2011). study of the impact of the building form on the energy consumption. Le Centre Pour La Communication Scientifique Directe HAL MemSIC.
- 12. CBS (2022). Key figures of the population forecasts 2020-2070. Received via https://opendata.cbs.nl/statline/#/CBS/en/dataset/84871ENG/table?ts=1673360525425.
- 13. CBS (2022). Housing stock: average surface area, type, year of construction and region, 2012-2022. Received via https://opendata.cbs.nl/statline/#/CBS/nl/dataset/82550NED/line?ts=1673361265452.
- 14. CBS (2022). Existing own homes, purchase prices, price indices 1995-2022. Received via https://www.cbs.nl/en-gb/figures/detail/83906eng.
- 15. CBS (2022). House rents up by 3 percent on average. Received via https://www.cbs.nl/engb/news/2022/35/house-rents-up-by-3-percent-on-average.
- 16. CBS (2021). Life expectancy of the Dutch population, 2021. Received via https://www.cbs.nl/en-gb/visualisations/dashboard-population/life-events/death.
- 17. Hébert, M., Martin, S. K., Lee, C., & Eastman, C. I. (2002). The effects of prior light history on the suppression of melatonin by light in humans. Journal of Pineal Research, 33(4), 198–203. https://doi.org/10.1034/j.1600-079x.2002.01885.x.
- 18. International Commission on Illumination (CIE) (2018). Relative spectral power distributions of CIE illuminant D55. CIE data Table Database. https://doi.org/10.25039/cie.ds.qewfb3kp.
- 19. International Commission on Illumination (CIE) (2022). CIE standard illuminant D65. CIE data Table Database. https://doi.org/10.25039/cie.ds.hjfjmt59.
- 20. International WELL being institute (2017). WELL performance verification guidebook. Received from https://resources.wellcertified.com/tools/performance-verification-guidebook/.
- 21. Li, D., Wong, S., Tsang, C., & Cheung, G. H. (2006). A study of the daylighting performance and energy use in heavily obstructed residential buildings via computer simulation techniques. Energy and Buildings, 38(11), 1343–1348. https://doi.org/10.1016/j.enbuild.2006.04.001.
- 22. Lockley, S. W., Brainard, G. C., & Czeisler, C. A. (2003). High Sensitivity of the Human Circadian Melatonin Rhythm to Resetting by Short Wavelength Light. The Journal of Clinical Endocrinology & Amp; Metabolism, 88(9), 4502–4505. https://doi.org/10.1210/jc.2003-030570.
- 23. Ministry of Housing and Spatial order (2022). Status of housing 2022. *Major challenges in a turning tide*. Received from https://www.volkshuisvestingnederland.nl/actueel/nieuws/2022/12/16/staat-van-de-volkshuisvesting-2022---grote-opgaven-in-kenterend-tij.

- 24. Nebia, B., & Tabet Aoul, K. (2017). Overheating and Daylighting; Assessment Tool in Early Design of London's High-Rise Residential Buildings. Sustainability, 9(9), 1544. https://doi.org/10.3390/su9091544.
- 25. NEN-EN 17037:2018 (2022). Daylight in buildings (Dutch version). Received via NEN connect, licensed to TU Delft.
- 26. Nestler, E. J., Barrot, M., DiLeone, R. J., Eisch, A. J., Gold, S. J., & Monteggia, L. M. (2002). Neurobiology of Depression. Neuron, 34(1), 13–25. https://doi.org/10.1016/s0896-6273(02)00653-0.
- 27. Veierod, M. B., Weiderpass, E., Thorn, M., Hansson, J., Lund, E., Armstrong, B., & Adami, H. O. (2003). A Prospective Study of Pigmentation, Sun Exposure, and Risk of Cutaneous Malignant Melanoma in Women. JNCI Journal of the National Cancer Institute, 95(20), 1530–1538. https://doi.org/10.1093/jnci/djg075
- 28. Sepúlveda, A., De Luca, F., & Kurnitski, J. (2022). Daylight and overheating prediction formulas for building design in a cold climate. Journal of Building Engineering, 45, 103532. https://doi.org/10.1016/j.jobe.2021.103532.
- 29. Webb, A. R. (2006). Considerations for lighting in the built environment: Non-visual effects of light. Energy and Buildings, 38(7), 721–727. https://doi.org/10.1016/j.enbuild.2006.03.004.
- 30. WELL v1 certificate (2020). WELL v1, daylight modelling. Received from https://standard.wellcertified.com/light/daylight-modeling.
- 31. WELL v2 certificate (2020). WELL v2. Received from https://v2.wellcertified.com/en/wellv2/overview.

Reflection

1. What is the relation between your graduation (project) topic, the studio topic (if applicable), your master track (A,U,BT,LA,MBE), and your master programme (MSc AUBS)?

Within the Building Technology master track, we are constantly looking for ways to improve indoor comfort whilst also increasing the sustainability of the indoor spaces we design. In the Netherlands, minimizing the amount of glass in our facades has been an effective strategy, but it puts a penalty on daylighting performance. Especially in dense urban areas, obstruction can cause significantly lower daylighting performance than intended. This research is done to better understand the effects of urban context on daylighting performance.

This research is in search for reliable urban parameters that affect daylighting performance in Dutch urban areas. This is relevant to all designers in the building industry, since it is in everyone's interest that the quality of what we create today is sufficient for our chronobiological needs, no matter where we build or what we build.

2. What is the relevance of your graduation work in the larger social, professional and scientific framework.

This paper can be used by architects, (day)light designers and urban planners to inform them of the effects of urban context on daylight performance. Considering urban context and non-visual effects of light in daylight simulation is not mandatory

in current evaluation methods, and certainly not easy to do, but I feel like we have a responsibility to create the best performing buildings we can, not the minimum performing building. This research will try to show that we can improve daylighting performance significantly in urban areas, up to a healthy recommended level. Research has shown that daylight exposure improves our overall health, our mental state and alertness. Therefore, this research is important in understanding the impact of our building designs on our wellbeing.