

# Optimised Wellbeing

Technology and material experimentation are providing more human-centred, responsive and adaptive installations and solutions



Workspaces are being designed to promote physical and mental wellbeing as well as to evoke a sense of visual poetry to add interest – and even awe. This sense of wonder allows escape, focus and relaxation. Examples include the use of dichroic glass to enhance changes in natural light across the course of each day. Natural light is particularly important as it signals to our bodies when we should wake and when we should sleep, so disconnection can lead to insomnia – especially in cities, which are polluted with artificial light around the clock. Long exposure to screens similarly disrupts sleep patterns and the ability to achieve calm. Designers and architects are recognising this problem and are actively exploring the ways that technology can help us to reconnect with our natural daily rhythms.

## Luminant rhythms

*Natural light is nuanced, changeable and evolving.*

*Tech can synthesise these qualities, which are missing in an office flooded with flat artificial light.*

Supporting employees' circadian rhythms – their natural, internal body clocks – promotes more efficient working by regulating rest and sleep patterns as well as contributing to a healthy and engaging workplace atmosphere.

The Rise digital lamp created for Nolii by Benjamin Hubert's Layer studio illuminates and dims to imitate the passage of the sun. While it's a technically advanced product that can be controlled with an app, its minimalist, curved form is simple and tactile. It can be used to promote a gentle morning wake-up that evokes the sunrise, and brightened to increase alertness and 'alter the atmosphere or mood of any given environment,' says Hubert.

The Dawn to Dusk lighting range by Haberdashery similarly emulates the rising and setting sun, both in its simple, appealing round form and in the way it changes colour from stimulating bright white through peach and orange to soothing red, giving users the 'opportunity to lift the sun from below the horizon and place it in the sky.' The Haberdashery studio specialises in a 'poetic

**Surfaces that play with light interaction lend a sense of wonder and immersion to a day at the office**



approach to lighting' and harnesses it to transform perceptions of space, colour and form.

Beautiful, functional and healthy solutions such as these are the antithesis of glaring banks of harsh strip lighting.

Lighting is key to a healthy working environment – good lighting is not only physically and mentally beneficial, it is also a design element employees can engage with and genuinely appreciate.

### Dynamic interactions

*Surfaces that play with light interaction lend a sense of wonder and immersion to a day at the office.*

Designers and architects can create daily mini-experiences in the workplace by incorporating dynamic materials into structures, installations and features. Low-fi or high tech, the scope is limited only by the designer's imagination – will you help workers find calm and focus, or immerse them in an experience that emulates nature?

The Dutch Invertuals design collective has collaborated with Luxaflex to reimagine the role of lighting in new and unexpected forms, working with six designers, including Jetske Visser and Michiel Martens, with visions that go 'beyond the obvious.' The Enlighten exhibition, presented at Dutch Design Week 2017, was conceived to 'move, shine and glow', providing 'new insights into aesthetics, experiences and usability' and looking to the future role of light in our living environments. While the individual projects are eclectic and conceptual, they are thoughtfully constructed from relatively low-fi materials, and draw on natural light for their dynamism.

Studio Y incorporated dichroic glass into its office design for lighting specialist Ambience. The kaleidoscopic effect is enhanced by colour variations as the natural light changes throughout the day; the playful, mesmerising effects of the prisms see hues become denser and shadows more dynamic. There is also a practical application: light and colour denote different areas of the office. As Studio Y suggests, the



#### Previous spread

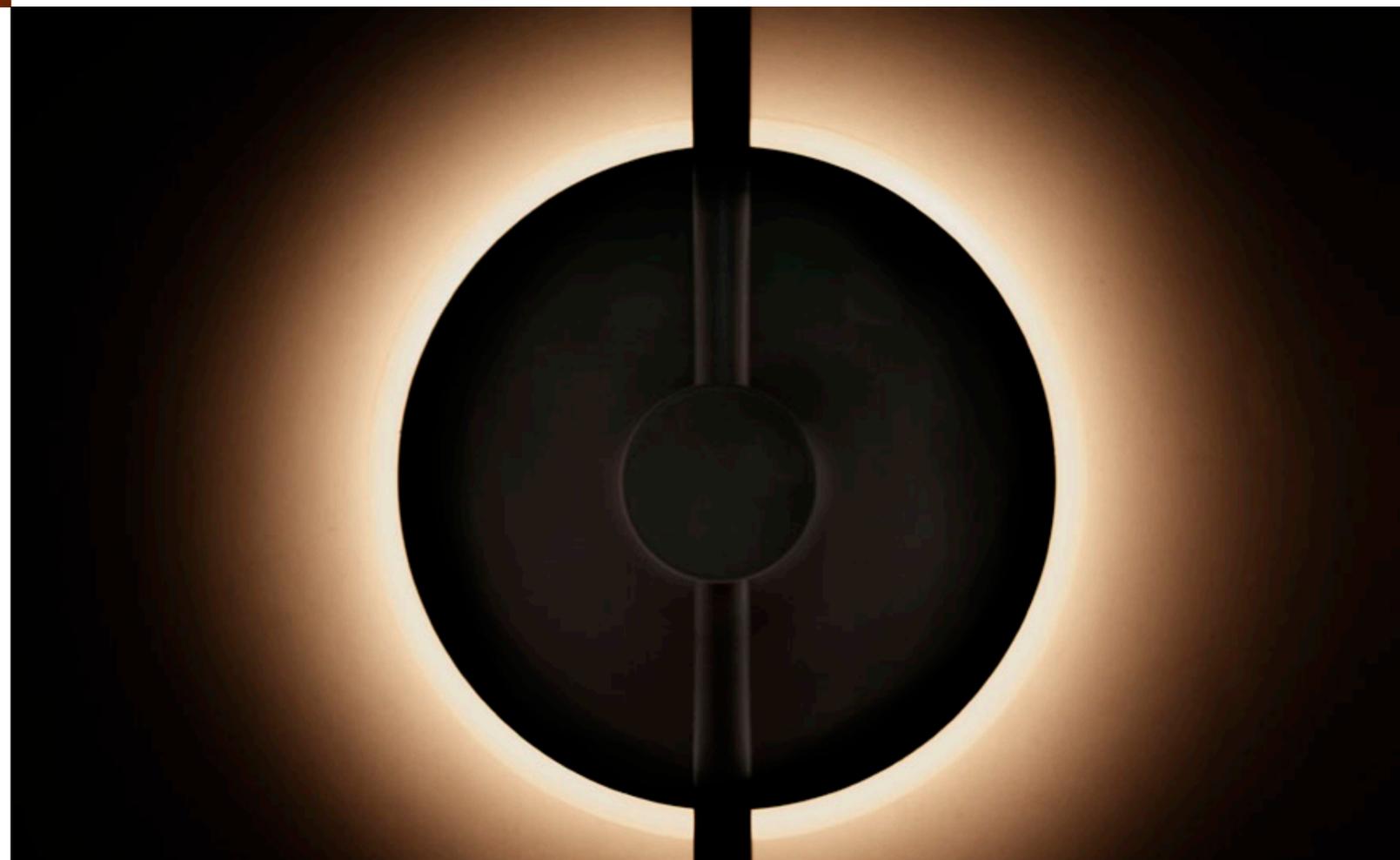
**Rise wireless lamp by Layer for Nolii.** Minimalist and tactile, the Rise lamp illuminates and dims to imitate the passage of the sun. Image courtesy of Layer

#### Left

**Ambience office, Victoria, by Studio Y.** Dichroic glass floods the space with prisms of coloured light that respond dynamically to the time of day. Photography by Ben Glezer

#### Above and right

**Dawn to Dusk lamps by Haberdashery.** Taking a poetic approach to lighting, Haberdashery simulates the rising and setting sun. Stimulating bright white light flows in an ambient, heady glow.



Victoria office is a 'workspace that is its own Instagram filter'

Sony has also worked with this kind of dynamic interaction, in its Hidden Senses exhibition at Milan Design Week 2018, and again in 2019 with Affinity in Autonomy. Hidden Senses drew on sensors that responded to movement or touch, causing walls, furniture and individual items to light up when approached and offering 'fresh experiences and surprises' through these unexpected interfaces. The concept shows how technology can enhance our environment in a nuanced, sensitive, unobtrusive way. The Affinity in Autonomy exhibition went even further, offering playful interactions with robotics, and ultimately imagining the establishment of natural, friendly relationships between humans and robots. Rikke Gertsen Constein, art director of the Sony Nordic design centre, envisages a future of intelligent technological adaptation that 'enriches the wellbeing of the individual', including light and sound which responds poetically to individual needs.

The infinitely varied effects that can be created through responsive, dynamic surface and lighting design go far beyond simply regulating light and dark – they can make the difference between a humdrum, bland office space and one that inspires, motivates and delights.



*From left*

**Sony Hidden Senses exhibition, Milan Design Week 2018.**

A playful take on the potential of intelligent technology to enrich wellbeing, explored through human and robotic relationships.

**Tense by Panter&Tourron at Milan Design Week 2018.**

Neo-nomadic essentials designed for multi-local living, each piece entirely connected through the force of tension so it can be rebuilt anywhere. Photography by Jagoda Wisniewska



**Responsive, dynamic surface and lighting design go far beyond simply regulating light and dark**

# Optimised Wellbeing Design Toolkit

**1**

Reconnect workers with their daily biological rhythms, emulating natural light through a changing spectrum of hues, illuminations and shadows

**2**

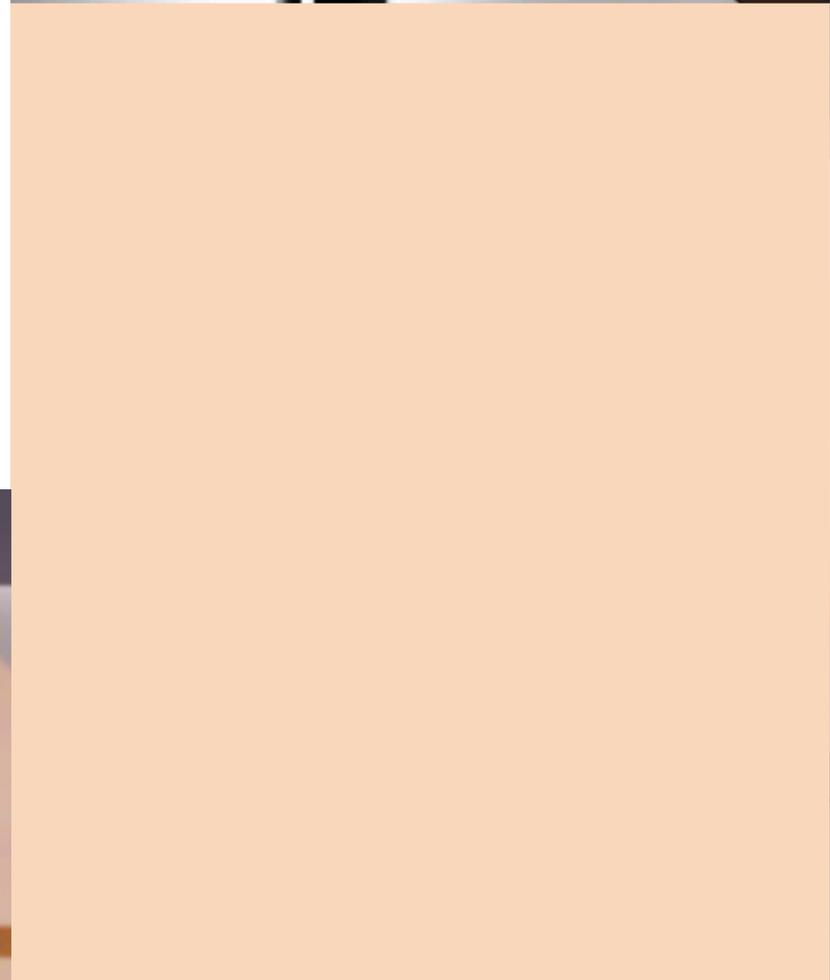
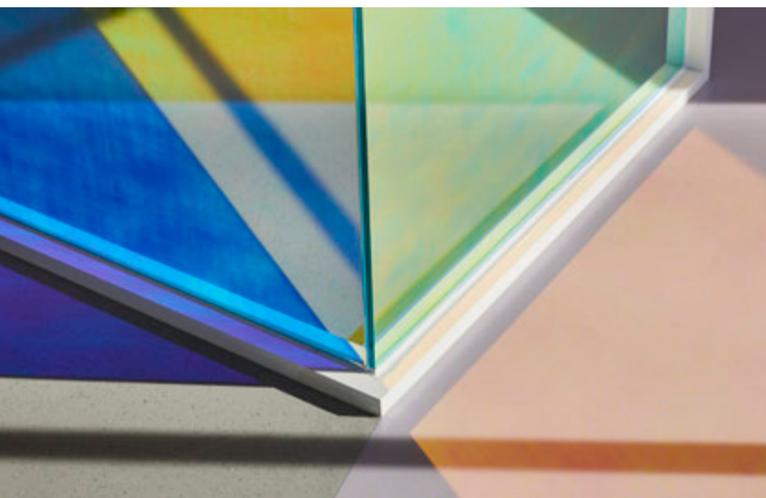
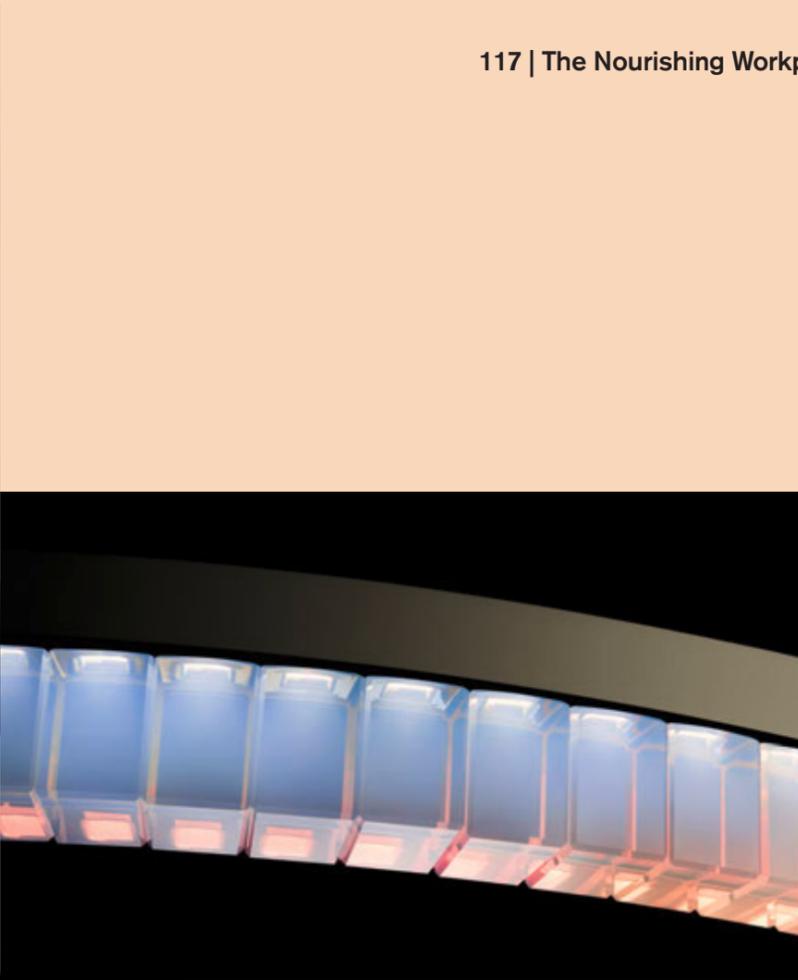
Lend a sense of wonder and inspiration to the office, using playful and poetic immersive installations that inspire and refresh the workforce

**3**

Promote positive technological interactions with intuitive interfaces that enhance the environment in nuanced, sensitive and unobtrusive ways

**4**

Harness the evolving qualities of natural light, selecting materials that adapt, respond, refract and enhance



*Opposite from left*  
**Ambience, Victoria, by Studio Y.**  
Photography by Ben Glezer

**Tense by Panter&Tourron**  
at Milan Design Week 2018.  
Photography by Jagoda Wisniewska

*Clockwise from above left*  
**Cyanometer collection by Marjan van Aubel, Swarovski Crystal Palace**

**Dawn to Dusk lamp**  
by Haberdashery

**Rise wireless lamp by Layer for Nolii.** Image courtesy of Layer