

Let's Talk About Light and Health

Join a monthly Q&A following interviews with experts in light and health
Hosted by Randy Reid of the NLB; **produced by Allison Thayer** of the LHRC
Last Monday of each month at 12:00 PM, ET

- JAN 31 **Your daily light:** How does light impact your health?
Mariana Figueiro, PhD Sponsored by LEDVANCE
- FEB 28 **Out of the womb:** Lighting up the NICU
Robert White, MD Sponsored by GE Current
- MAR 28 **A new kind of lullaby:** Robust light/dark pattern for babies
Sofia Axelrod, PhD
- APR 25 **Hold the coffee:** Perking up the office with light
Bryan Steverson, MA
- MAY 23 **Skip the nap:** Consolidating sleep for older adults
Mariana Figueiro, PhD
- JUN 27 **Fee-fi-fo fungicide:** Light as a natural pesticide
David Gadoury, PhD
- JUL 25 **It's a complicated world out there:** Exposomics and light
Robert Wright, MD, MPH
- AUG 29 **Safety first:** Making driving less lethal
John Bullough, PhD Sponsored by GE Current
- SEP 26 **Beyond the visible:** UV disinfection
Bernard Camins, MD Sponsored by GE Current
- OCT 31 **Let's get deep:** Lighting in submarines
Commander Christopher Steele, PhD
- NOV 28 **Equal lights:** Projects focused on health equity
Charles Jarboe, MS
- DEC 19 **Not your typical design:** Circadian-effective lighting
Allison Thayer, MS

Sponsor a topic

Contact Randy Reid at randy@nlb.org

Register today

<https://lightandhealth.eventbrite.com>

2022 SERIES

Let's Talk About Light and Health

Meet your host:



Randy Reid, MBA

Executive Director
National Lighting Bureau

Along with being an Executive Director of the National Lighting Bureau, Mr. Reid is also the editor of the EdisonReport and the editor of designing lighting (dl) magazine. He is a past president of the Illuminating Engineering Society and a retired Lieutenant Colonel in the US Army Reserve.

Meet your producer:



Allison Thayer, MS

Associate Researcher
Mount Sinai's Light and Health Research Center (LHRC)

Ms. Thayer assists in human health research, participating in efforts from proposal writing to field study applications. Using her background in architectural design, focuses on developing design guidelines and luminaires for circadian-effective lighting solutions to implement into practice. She also plays a role in outreach education efforts for spreading the word about light's impact on circadian rhythms, which includes the development of a website to contain educational materials for individuals inside and outside the lighting industry.

Meet your speakers:



Mariana Figueiro, PhD

Director and Professor
Mount Sinai's Light and Health Research Center (LHRC)

Dr. Figueiro is well known for her research on the effects of light on human health, circadian photobiology, and lighting for older adults. Her Ph.D. dissertation research at Rensselaer focused on the human circadian response to light. To date, she has written over 100 journal articles and is currently the Principal Investigator for multiple major NIH grants for researching light's effects on individuals with Alzheimer's disease and related dementias.



Robert White, MD

Director since 1981
Regional Newborn Program at Beacon Children's Hospital

Dr. White has a primary interest in advancing structural and operational strategies to provide the optimal NICU environment of care for babies, families, and caregivers. He has written many papers and co-founded the Consensus Committee to Establish Recommended Standards for Newborn ICU Design, the Gravens Conference on the Physical and Developmental Environment of the Newborn, and the International Newborn Brain Conference.

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Meet your speakers:



Sofia Axelrod, PhD

Sleep Research Associate
Young Laboratory of Genetics at The Rockefeller University

As the founder of Solaria Systems, Inc., Dr. Axelrod and her team build lighting, software, and data technologies to help families, workers, and patients sleep and feel better, and live longer and healthier lives. She has also applied her expert knowledge to baby's sleep, writing the book- How Babies Sleep. Using insights plucked from the front lines of scientific research, Dr. Axelrod's ultimate goal is to elucidate the basis of sleep and fundamentally improve it in our notoriously sleep-deprived society.



Bryan Steverson, MA

Sustainability and Green Buildings Program Advisor
U.S. General Services Administration, Office of Federal High-Performance Green Buildings

As GSA's circadian lighting program manager, Mr. Steverson has been examining the connections between lighting and health and how lighting in offices influences human performance. He has conducted numerous studies and lighting interventions in federal office buildings across the country and in northern Europe, has co-published these studies in prominent industry journals, and has spoken at numerous conferences and podcasts on circadian lighting.



David Gadoury, PhD

Senior Research Associate
Plant Pathology and Plant-Microbe Biology Section, Cornell University

Dr. Gadoury is a plant pathologist at Cornell AgriTech in Geneva, NY, where his research is focuses on the epidemiology and management of diseases of fruit and vegetable crop. One aspect of his research deals with how microbial pathogens have evolved to sense, interpret, and use light to direct their development. In some cases, those evolved relationships are an Achilles' heel that can be exploited to improve control of a particular plant disease.



Robert Wright, MD, MPH

Professor and Chair - Department of Environmental Medicine and Public Health
Co-Director of the Institute for Exposomic Research - Icahn School of Medicine at Mount Sinai

Dr. Wright studies complex chemical mixtures and the role of social factors in modifying or mediating chemical toxicity. He has published over 350 research studies and has served on numerous national committee/advisory boards, including the National Advisory Environmental Health Sciences Council (NAEHSC) of the NIH. Among his current roles as a pediatrician, medical toxicologist, and environmental epidemiologist, he also founded and directed the Senator Frank Lautenberg Laboratory of Environmental Health Sciences.

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Meet your speakers:



John Bullough, PhD

Program Director
Mount Sinai's Light and Health Research Center (LHRC)

Dr. Bullough manages research in lighting for transportation and safety, and has written or co-written 500 articles and technical publications on lighting and human factors. He was elected a Fellow of the Illuminating Engineering Society for his contributions to transportation lighting research, and is also a member of the Society of Automotive Engineers, the Academic Advisory Council for Signage Research and Education, and the Committee on Human Factors of Infrastructure Design and Operations of the Transportation Research Board.



Bernard Camins, MD

Professor of Medicine - Icahn School of Medicine at Mount Sinai
Medical Director - Infection Prevention at the Mount Sinai Health System (MSHS)

Dr. Camins has been involved in healthcare epidemiology for more than 17 years. He has been a member of the Emergency Operations Center at MSHS created in response to the COVID-19 pandemic. He has been involved in healthcare epidemiology and has conducted research to prevent device-related infections like central-line associated bloodstream infections (CLABSI) and catheter-associated urinary tract infections (CAUTI). He was also one of the site investigators for the CDC-sponsored Prevention EpiCenters Program.



CDR Christopher Steele, PhD

Director
Military Operational Medicine Research Program

CDR Steele drives efforts for medical research to warfighters' health, promote support readiness, and sustain/enhance the performance of warfighters faced with environmental extremes, inappropriate nutrition, physical degradation, sleep and circadian disruption, toxic chemical exposures, blast and physical injuries and under acute & chronic psychological stress. Among many other accomplishments, he has spearheaded work to promote submarine crew endurance and reduce unwarranted circadian rhythm disruption and sleep inefficiency.



Charles Jarboe, MS

Research Scientist
Mount Sinai's Light and Health Research Center (LHRC)

Mr. Jarboe got his start in lighting by way of the performing arts and received his MS in Lighting at Rensselaer. His work at the LHRC has focused on the impacts of light on human health and well-being, both in the laboratory and the field. He has several publications to his name in peer reviewed journals and articles published in trade magazines, was named to LEDs Magazine's inaugural "40 Under 40", and received a Lumen Award for his design work on a confidential financial flagship project in Hudson Yards in NYC in 2021.