

MechSE WELLness

L05 Enhanced Daylight Access

Intent: Support circadian and psychological health through indoor daylight exposure and outdoor views.

We spend approximately 90% of our time indoors! Studies have associated lack of exposure to daylight with a disruption in circadian rhythm and decreased quality of sleep, which impacts mood and cognitive ability. Rooms with large windows reduce recovery times from sickness and depression. Exposure to daylight for at least three hours per day reduces stress and increases satisfaction at work and impacts students' academic performance. There are strong links between quality of views and performance.

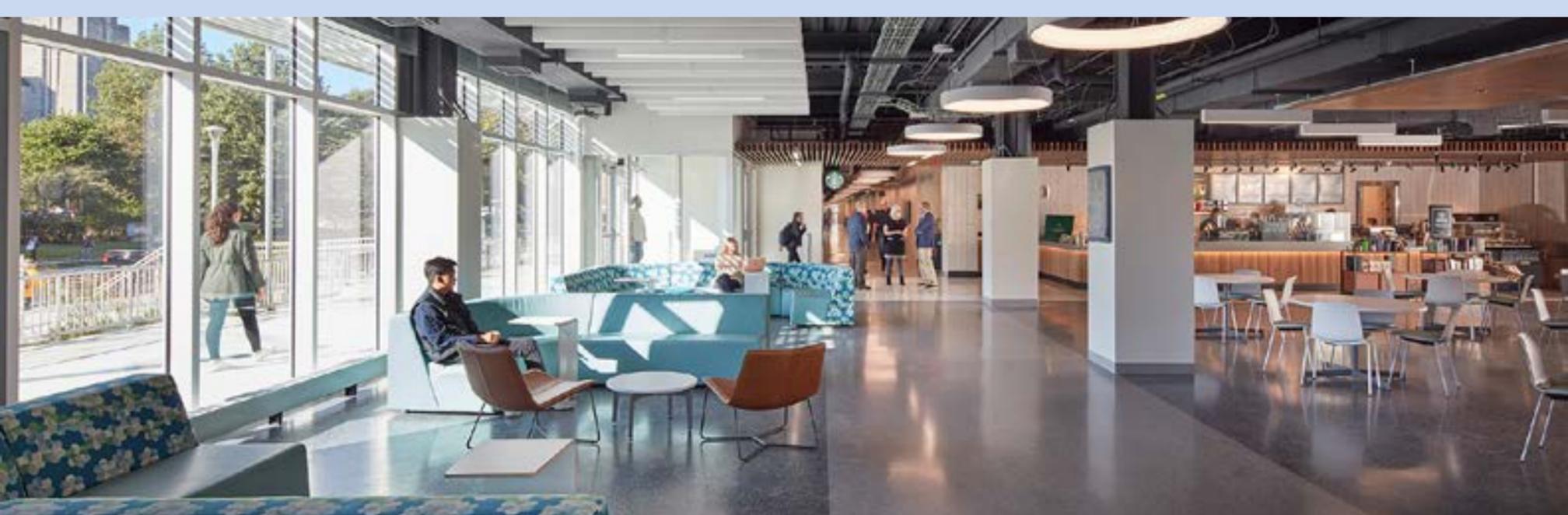
Impact: Providing users access to daylight provides visual, emotional, and psychological benefits.

What are the requirements to earn this credit?

1. Ensure daylight reaches 70% of all workstations (rather than 30%).

How is MechSE accomplishing these requirements?

Every effort was made during design to provide daylight access to as many spaces as possible, including the hallways via windows in the doors. The Graduate Programs Office and Undergraduate Programs Office entries were converted to full window fronts to allow as much light as possible from those offices to spill into the corridor. All the classrooms in the new addition borrow light from the study spaces outside them and the renovated classrooms' windows were upgraded. Even our new courtyard labs receive early morning daylight and our conference and classroom above borrow that daylight. Almost every space has access to a window and daylight now. We definitely exceed 70%!



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