

The below answer sheet is for your own self-assessment.
Please keep your completed questionnaires and answers on file for your records.
These do not need to be sent to CPD Live. CPD-Live will send you certificate.

Designing Healthier Homes: Rethinking the Power of Daylight

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- 1. Which factor is most strongly linked to regulating human circadian rhythm?**
Morning sunlight exposure
- 2. According to the NCC Volume 2 (Part 10.5), what is the minimum light-transmitting area required for habitable rooms in Class 1 buildings?**
10% of floor area
- 3. Which Australian Standard provides recommended interior illuminance levels for residential spaces?**
AS/NZS 1680.1
- 4. Which climate factor most directly affects daylight penetration depth?**
Solar angle
- 5. What is the primary cause of glare in interior spaces?**
Excessive contrast between bright and dark areas
- 6. Which design decision most directly improves winter passive heating?**
Orienting living spaces north
- 7. What does the Daylight Factor (DF) metric measure?**
The ratio of internal to external illuminance under overcast sky
- 8. Which tool can be used to assess daylight performance before construction?**
A daylight simulation program.