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Designing Healthier Homes: Rethinking the Power of Daylight

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1. Which factor is most strongly linked to regulating human circadian rhythm?
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?
3. Which Australian Standard provides recommended interior illuminance levels for residential spaces?
4. Which climate factor most directly affects daylight penetration depth?
5. What is the primary cause of glare in interior spaces?
6. Which design decision most directly improves winter passive heating?
7. What does the Daylight Factor (DF) metric measure?
8. Which tool can be used to assess daylight performance before construction?

By the end of this session you should understand:

- Explain how daylight influences human health, wellbeing, and indoor environmental quality.
- Describe the regulatory requirements that define acceptable daylight and lighting performance in Australia.
- Identify the key design factors that influence daylight provision, distributions, and visual comfort in residential buildings.

Competency Codes: P23, PC25, PC37.

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