

Lightworks

Combining art with light to brighten environments & moods

In collaboration with clinicians, we are developing approaches fusing lighting technologies with artistic forms including animation, digital interactivity, illustration, sculpture. These new "lightworks" restore a sense of "diurnal orientation" (awareness of daytime) and improve sleep, recovery, and mood. Fusing with animation and coding, lightworks provide a narrative journey of movements and colour shifts, which mimic nature and help to reduce anxiety, providing a point of focus in otherwise monotonous, unchanging surroundings.

At Evelina Hospital Children's Hospital we created floor-to-ceiling illustrated light walls, which glow gently, cycling through a range of colours, aiding sleep patterns and acting as a comforting presence in times of distress. Colour combinations are used to invoke first a sun, then a hill, then a moon. Another lightwork depicts a sun changing colour as it slowly rises and sets over the day, acting like a clock to bring awareness of daytimes to fatigued, disorientated patients. Every hour, the lightworks momentarily switch to a bright fast and vibrant display, acting as "beacons of play" to entice children from bed, and helping to tackle lethargy and improve recovery times.

We also installed Bodypaint, an ambitious digital light installation by Memo Akten, which uses abstract colours and shapes to dance on the wall, transforming and shifting in response to patients body movements.

At Southampton ICU we've coordinated several approaches together for a new but daylight-deprived ICU. "Exposure to natural daylight is the single most important factor in countering post-anaesthetic delirium in ICU" Max Jonas, Clinical Lead. Hanging sculpture, translucent vinyls, backlit corian, spotlights, and a moving image piece bring a blend of natural, ambient, and generated light.

For the Proton Beam Centre at UCH Grafton Way Building (a 2021 EHD winner) we integrated a bespoke lightwork with decorated resin panels, giving the effect of dappled light breaking through tree-like timber vertical beams, which encircle the seating area as if a clearing in a glade. The lightwork shows a vista of landscape, featuring a rising/setting sun and foliage providing a constantly refreshing scene to bring reassurance, diurnal orientation, and meditative calm for patients waiting for treatment. Clinicians use this piece as a focus for mindfulness practice for patients, helping lower anxiety, and thereby improving procedures, as de-stressed patients fidget less.



These *Lightworks* are stunning, & are helping to bring better sleep, inspire playful interactions with doctors, bring personalisation at bedbays and much more. Young people and families love them, and they are telling us so."

Liz O'Sullivan, Arts Manager, Guy's & St Thomas' NHS FT

