



## The Restorative Impact of Perceived Open Space

### Course Summary and Learning Objectives

Earn 1.0 HSW Credit (AIA)  
1.0 General LU (LEED AP)  
1.0 PXE Credit (CPXP)  
0.1 HSW Credit (IDCEC)

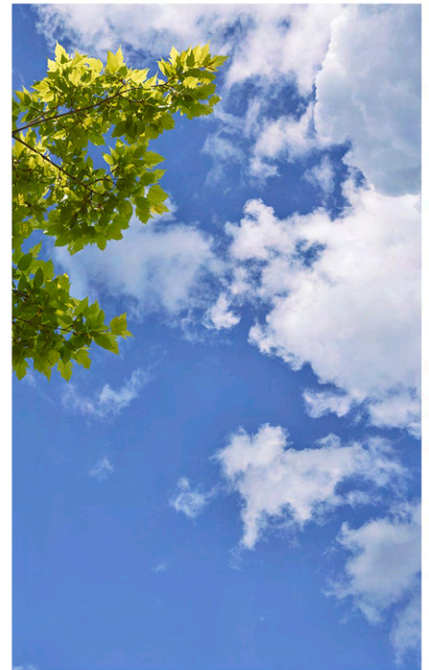
**I**N THIS COURSE we explore the impact of interior environments on human performance and wellness.

We explore the role natural daylight and *perceived* open space play in modulating cognitive function, and how architects and designers can engage our memories of natural environments to enhance occupant health and productivity in enclosed interiors.

The course introduces a cognitive approach to design. It investigates the restorative value of *perceived* open space which functions as a healing attribute by engaging our biophilic memory.

Two spatial reference frames present in nature, the *perceived* zenith, the highest point above the observer, and *perceived* horizon line, the farthest point from the observer, can be recreated in an enclosed interior space by staging an appropriate illusion to alter our perception of space.

Recreating these fundamental spatial maps through an effective illusion enables a range of wellness benefits normally associated with interiors applying more traditional biophilic design principles.



### Following this course you will be able to:

**Explain** why reducing daylight to brightness (irradiance) and color temperature in enclosed interiors can alter our perception of daylight's inherent spatial nature.

**Discuss** the role circadian photoreceptors and retinal cones play in regulating circadian entrainment and how the environmental context in which our physiology detects daylight is as important as the light itself.

**Describe** the neural pathways that link our sensorimotor system (how we move through space) with executive function (how we think), thereby generating our sense of place.

**Summarize** the malleable nature of human perception and how bi-sensory illusions in enclosed interiors can evoke spatial memories to alter our perception of those spaces.

**Analyze** the implications of the environment of care on human health and productivity and how we can use spatial memories to generate research-verified positive outcomes.

This course is approved by the following organizations:



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