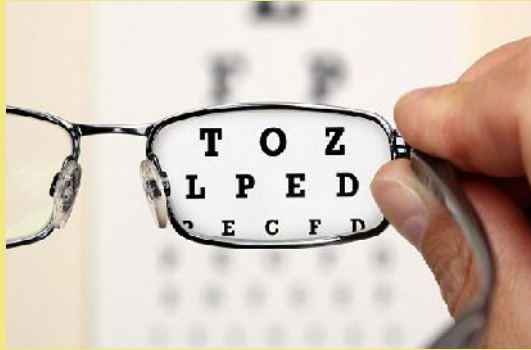


# How well do you see at night?

If you're over 50, probably not as well as you think, no matter how many carrots you eat. The typical 50-year-old needs twice as much light to see as well after dark as a 30-year-old.

With age the ability to focus the lens declines, with age 60 there is very little ability to focus which leaves the older people with a fixed focus optical system. This is somewhat compensated with the



physiologically smaller pupils in elderly which increases the depth of field. Smaller pupils require increased task luminance to maintain the same retinal illuminance as when the pupils were larger.

The process of aging causes the lens of the eye to become less transparent. It develops a slight yellow tint, which changes the perception of color so they see things with a yellow cast. As the lens becomes less clear, this causes light to scatter inside the eye, which increases glare. This also results in a loss of luminosity causing seniors to need more light to perform tasks.

As we get older, nothing is more frustrating than not being able to see as well as we used to. An eye examination and new glasses can be a big help, but proper lighting is just as critical. Whether seniors continue living in their own homes, or move to an apartment or retirement community, lighting is going to become an ever more important part of everyday life. It will add to comfort and enjoyment. And, it will help keep seniors safe.

## Specialized in

Lighting Design and Specification	Control System Design and Specification
Energy Calculation and ROI Reports	Photometrics
Construction Documentation	Bidding Oversight
Construction Administration	Final Aim and Focusing
Programming	Custom Design and Fabrication



A LIGHTING CERTIFIED COMPANY  
AWARD WINNING LIGHTING DESIGN  
WWW.LITEFX.NET

602-405-0546 CELL  
480-632-2949 OFFICE  
480-558-1260 FAX  
THOMAS@LITEFX.NET

4848 E. CACTUS RD. #505-805

SCOTTSDALE, AZ 85254

