

ELC Position Paper

The influence of light on the release of the sleep-promoting hormone melatonin.

Light is an important influential factor in human development and in our daily sense of well-being.

Over the last two years, scientists have made new discoveries about the influence of light on the release of the sleep-promoting hormone melatonin.

Among other things, 'blue' light receptors in our eyes have been discovered. The discovery of these receptors and the calculation of the curve mapping the effect of light on the release of melatonin, has prompted more intensive research in this field, but has also unleashed some considerable speculation.

As manufacturers of 'light', our view is that our role is to put the latest scientific findings of medical research into practice so that the light sources we develop and manufacture - *with their daylight-related features* - can be put to optimum use.

We would like to refer readers of this article to the authors of the scientific paper "Light, endocrine systems and cancer - a view from circadian biologists" (Till Roenneberg, Ludwig-Maximilians-Universität München and Robert J. Lucas Centre, Imperial College London) published at Cologne Symposium 2002 *Light, Endocrine Systems and Cancer*, May 2-3, 2002, University of Cologne, Germany.

See (<http://www.uni-koeln.de/symposium2002/index2.html>).

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