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Influence of Lighting Color Temperature on Effort-Related Cardiac Response

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Highlights

- Participants were exposed to one of four levels of lighting color temperature conditions
- Increasing color temperature of light leads to decreasing PEP reactivity
- This is the first evidence that spectral properties of light can influence mental effort mobilization

Abstract

Higher color temperature refers to a higher proportion of blue spectral components of light, that are known to be associated with higher alertness state in humans. Based on motivational intensity theory (Brehm & Self, 1989), here we predicted that this lighting-induced alertness state should inform about the readiness to perform and this way influence subjective task

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