

Evidence-Based Design Journal Club
CEU Verification Form & Quiz



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Participant Name: _____

AIA Member #: _____

Provider Name: **The Center for Health Design** Provider Number: **Z009**

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Attended	AIA	Webinar Title	LU Hours	HSW
Yes <input type="checkbox"/> No <input type="checkbox"/>	EBDCLUB10R	Tailored lighting intervention improves measures of sleep, depression, and agitation in persons with Alzheimer’s disease and related dementia living in long-term care facilities	1.0	Yes

- 1) Studies have shown that high levels of white light (greater than 1,000 at the eye) can consolidate rest-activity patterns in dementia patients
 - a) True
 - b) False

- 2) Phasor analysis quantifies circadian entrainment in terms of the _____ relationship between the measured light-dark stimulus pattern and the measured activity-rest response pattern.
 - a) amplitude
 - b) phase
 - c) phase and amplitude
 - d) none of the above

- 3) Using data from the Daysimeter, the following can be calculated:
 - a) Photopic lux, circadian light, circadian stimulus and activity index
 - b) Photopic lux only
 - c) Activity index only
 - d) Photopic lux and activity index

- 4) In the Figueiro et al study, why was that lower light levels than those used by Van Someren et al was shown to also be effective at improving sleep in those with dementia?

- 5) Discuss at least one limitation of the study.