



**Deborah Burnett** ASID, CMG, LGC, AASM  
Principal and Partner, BENYA BURNETT CONSULTANCY

**International Award Recipient PLDC 2011: for exceptional work in advancing awareness of the Health & Light connection.**

Deborah Burnett, ASID, CMG, AASM is an award winning, internationally recognized registered interior designer, lighting practitioner, keynote presenter and member of the American Academy of Sleep Medicine. Over a successful 30 year professional career her practice has emerged as a leader in the embodiment of intent-driven, evidence-based architectural and interior design devoted to a working knowledge of how the body and brain are directly impacted by built environmental light, color, pattern, view, and sound.

A former national TV personality, accomplished journalist and published author, Deborah is also the lead author on a soon- to-be- released professional practice book entitled "*Evidence based Lighting Design: Connecting the Dots between scientific discovery, human wellness and economic ROI*" ( John Wiley Publishers Spring 2014 ).

### General Background

As an early pioneer in the emerging practice of EPIGENETIC DESIGN, she has been instrumental in disseminating important scientific and medical research to the design community examining the impact of ambient light sources on the process of sleep, cognition and obesity. Ms. Burnett's work includes clinical and academic circadian system research, public outreach & education, A/E/ID academic lectures, and presentations in the popular media for design impacts on human wellness, sleep, and disease. She also lectures on light as color with emphasis on color trend development and the impact on human wellness.

**Professional Design and Evidence Based Work**  
Deborah's career in conventional interior design included residential and award winning historic restoration. In 2008 while working with leading research scientists, Deborah designed one of the first documented circadian-friendly homes that used color, light, and simple lifestyle changes to accomplish significant weight loss for the residents with minimum lifestyle impact and intervention.

Deborah co-founded the Benya Burnett Consultancy with lighting designer and engineer James Benya to expand her work to include senior living facilities, resorts and spas, 24 hour control rooms, nursing stations, patient rooms and windowless and low light level environments where an in-depth knowledge of human response to light, color and temperature is essential for overall health and wellbeing. She developed the phrase "humanizing light" and has been retained by major lighting manufacturers to pursue product development in the area of circadian adaptive lighting. Most recently she was retained as the lead author for developing a built environmental WELLNESS STANDARD designed to promote occupant nighttime sleep and reduced daytime fatigue through epigenetic design interventions.

### Keynote Presentations and Seminars

A seasoned international keynote presenter she adds an evidence- based perspective to conferences including the opening address at the prestigious PLDC Berlin 2009. She also keynoted the Health and Light Symposium, Venice Italy 2011, and LUMINEX 2013, with featured seminars during Madrid PLDC 2011, and Velux Daylight Symposium, 2013 Copenhagen. Other recent programs include LightFair (2006 – 2011) IALD Conference, Healthcare Design (2008 – 2010) NEOCON (2005 – 2010), Advanced energy Conference 2013 and IIDEX, Toronto. 2013, and HFS 2012 – 13. In 2010, she was a scheduled presenter at the Harvard Graduate School of Executive Design for her work in the area of design- related SLEEP interventions for an aging population.

A past national spokesperson for Osram Sylvania Lighting USA she has been instrumental in developing industry awareness to the need for color correct lighting in health care environments and serves on the IES committee for Aged and Partially Sighted, Committee for Photobiology and the CIE international committee JTC4 on Visual Health and Environmental benefits of Windows during daylight hours.

### Memberships and Certifications

Professional Member: American Society of Interior Designers  
Licensed: Interior Designer  
Licensed: General Contractor  
Member: American Academy of Sleep Medicine  
Chairholder Member: Color Marketing Group  
Member: American Society of Photobiology  
Member: The New York Academy of Sciences  
Member: IES Illuminating Engineering Society  
Member, CIE Commission d'Éclairage Internationale