

## Personal environmental control systems

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Proposition associated with the dissertation:

# Personal Environmental Control Systems: Comfort, Health, and Productivity in Offices

- 1. Human physiological thermoregulation can be stimulated without compromising thermal comfort by using a personal comfort system that warms hands and feet in a cool office environment. (This thesis)
- 2. Personal environmental control systems can provide individual comfort and improve perceived indoor environmental quality (This thesis)
- 3. (Thermal) Discomfort does not necessarily impair cognitive performance. (This thesis)
- 4. High correlated color temperature of light enhances thermal comfort, alertness, arousal, and cognitive performance, via non-visual mechanisms that build up over long exposure durations. (This thesis)
- 5. Healthy and sustainable buildings should relax indoor temperature control to stimulate human physiological thermoregulation.
- 6. Everyone has their own environmental preference that can vary over time. Personal environmental control systems provide a viable solution for this diversity.
- 7. Pursuing a doctorate is to become a perfectionist and to also accept imperfection (with caution).
- 8. "Diversity is essential to happiness" Bertrand Russell
- 9. 大道至简 (The greatest truths are the simplest )
- "Even if you know how something's going to end, that doesn't mean you can't enjoy the ride." - Ted Mosby

### Wei Luo 7<sup>th</sup> June 2023