

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)
10. “Even if you know how something’s going to end, that doesn’t mean you can’t enjoy the ride.” - Ted Mosby

Wei Luo
7th June 2023