



**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 is an internationally recognized registered interior designer, color authority, licensed general contractor, keynote presenter and former National TV personality. She is a leading authority in the practice of Epigenetic Design targeting the connection between human health and built environmental light.

A past national spokesperson for Sylvania Lighting, she serves as a national spokesperson for the American Society of Interior Designers. An accomplished journalist, her interviews and articles appear in US newspapers and popular magazines including the Washington Times, Health, AARP, and Readers Digest. Her evidence based light & health articles appear internationally in Professional Lighting Design, Mondo Arc, Architectural SSL, Disano, Lume, and Bridge for Design

#### General Background

An award winning interior designer, general contractor, product innovator and specialty news television personality for over 30 years, Deborah's interest in health promoting environments resulted in developing expertise in the emerging field of health and light. As part of her 16 years of physician level studies, Deborah was accepted into the American Academy of Sleep Medicine and is the first professional designer to work with principal medical and scientific researchers in the circadian health field.

#### 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

Drawing on her skills from popular lectures and television, Deborah's open, down to earth personality and room commanding style have become highly valued delivering exceptional CEU and professional workshops worldwide. A seasoned international keynote presenter she adds an evidence-based perspective to conferences including the opening address at the prestigious PLDC Berlin 2009, the Health and Light Symposium, Venice Italy 2011, Madrid PLDC 2011, and Velux Daylight Symposium, Copenhagen. Other recent programs include LightFair (2006 – 2011) IALD Conference, Healthcare Design (2008 – 2010) NEOCON (2005 – 2010), Advanced energy Conference 2013 and IIDEX, Toronto. 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. Other presentations have included major US market centers, SURFACES, IIDEX, GLOBAL SHOP and IES chapter meeting throughout the US. She is a recognized ASID Distinguished Speaker and offers over 15 accredited CEU topics for A/E and ID professionals worldwide.

#### 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: Illuminating Engineering Society (IES)  
Member, Commission d'Eclairage Internationale (CIE)