

LIGHT IN: The Biology of Time

Dates: 25.11.2022 – 23.04.2023

Venue: EPFL Pavilions, Swiss Federal Institute of Technology, Lausanne, Switzerland

We live on a rotating planet whose geophysical environment, alternating between day and night and changing daylength with seasons, has provided the framework for evolution. All living organisms, from cyanobacteria, fungi, plants, to insects and humans, have internalised this external light: dark cycle in the form of circadian rhythms – from *circa diem* « about a day » – that optimally prepare for the right behaviour at the right time. Unravelling the secrets of how clock genes tick was awarded a Nobel Prize for Physiology or Medicine in 2017.

Core themes of the exhibition are the day-night changes in light intensity and spectra, the critical role of twilight as a signal for the biological clock, and the relationship of these external cycles to our rhythms of sleep-wake, alertness, mood, performance, well-being, body physiology and overall health. Light via the eyes is the key synchronising agent for the biological clock, daylight the entrainment signal. In a 24/7 society, where urban lifestyles and work habits have gradually disconnected us from “natural” light exposure, rhythms are often fluid and no longer well adapted to the environment, resulting in “social jetlag”, depression, sleep disorders, and in the long-term medical sequelae.

In this exhibition, artists take concepts of circadian rhythms and the powerful role of light in regulating them over time to create works that remind us of the importance of daylight on biology.

Curators: Anna Wirz-Justice, Marilyne Andersen, Sarah Kenderdine

EPFL Pavilions



Located at the heart of a vibrant international university, [EPFL Pavilions](https://epfl-pavilions.ch) is an **amplifier for art and science in society**, a meeting place for all disciplines. In the Pavilions, exhibitions and programs evolve in dialogue with scientific innovation and societal challenges, engaging visionary perspectives on our contemporaneity. Reaching beyond object-oriented curation, EPFL Pavilions blends experimental curatorship and contemporary aesthetics with open

science, digital humanism and emerging technologies. In participation with its diverse communities, EPFL Pavilions is uniquely positioned as an experimental space for access to new forms of knowledge arising at the intersections of these transdisciplinary practices. Inaugurated in 2016, the building is designed by Japanese architect Kengo Kuma. Since 2017 EPFL Pavilions (formerly EPFL ArtLab) is directed by Professor Sarah Kenderdine.

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Images and plans download link: <https://we.tl/t-bfoj0TcZgD>