

Oral Presentation

[VHF5]Physiological and Psychophysical Factors

Chair: Hiroyasu Ujike (AIST)

Co-Chair: Masamitsu Harasawa (NHK)

Thu. Nov 28, 2019 5:20 PM - 6:40 PM Mid-sized Hall A (1F)

5:45 PM - 6:00 PM

[VHF5-4L]Blue Light Promotes Heart Rate Recovery After Exercise

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Keywords:Organic Light Emitting Diode (OLED), Exercise, Recovery, Heart rate

Today, various sports and competitions are performed under artificial lighting, whether indoors or outdoors. We studied if the color of the lighting affects athletic ability. Comparing orange light that did not contain melanopsin stimulating component, blue light rich in melanopsin stimulating components prompted heart rate (HR) recovery after submaximal exercise.