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

*Emi Yuda¹, Yutaka Yoshida², Kento Yamamoto³, Junichiro Hayano⁴ (1. Tohoku University Graduate School of Engineering (Japan), 2. Nagoya City University Graduate School of Art and Engineering (Japan), 3. University of Tsukuba Graduate School of Sports Medicine (Japan), 4. Nagoya City University Graduate School of Medical Sciences (Japan))

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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 melanopsinstimulating component, blue light rich in melanopsinstimulating components prompted heart rate (HR) recovery after submaximal exercise.