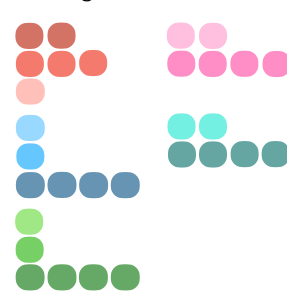


# How do my environmental preferences change throughout the day?

TIME OF DAY	24.03.26	25.03.26	26.03.26	28.03.26	29.03.26	30.03.26
<b>Morning</b> 	<p>A silk tent through which the morning light diffuses softly. Outside, the distant soundscape of a city can be heard. The floor is covered in moss, the windows are open, and cool air flows inside.</p>	<p>A wide, open meadow of flowers, with a horizon wrapped in pink and deep blue tones. A gentle breeze carries the scent of nearby forests. The soundscape is that of an ordinary field: insects chirping, birds calling, and the soft rustling of grass.</p>	<p>A dark membrane with small openings that allow light to shine through. In the background, water gently trickles.</p>	<p>A medium-sized space, open with large glass fronts. Semi-warm light filters through the windows, and the floor is covered in soft moss that slowly creeps up the walls. Lo-fi music plays in the background.</p>	<p>A warm, enclosed pond with rising steam scented with medicinal herbs. Cool main lighting contrasts with warm highlights illuminating the roses that grow around the spring.</p>	<p>An open space by a lake. The entire setting is bathed in deep blue and violet tones.</p>
<b>Midday</b> 	<p>The space should be larger, with wide windows. Light floods the room, and the ground is covered with grass and stepping stones. Soap bubbles float through the air, while several shrimp tanks with lush vegetation are placed decoratively throughout the space. The light is constantly shifting.</p>	<p>A rooftop terrace overlooking a valley. Water flows around the terrace tiles, and koi swim through these narrow channels. The air is fresh, and lo-fi music plays softly in the background.</p>	<p>A cozy hotel lobby with warm lighting. The space should unfold like a blooming flower. Large double windows at the front of the foyer open up to a view of a spring garden. The air carries the scent of wild honey, and in the background, a soft murmur of people conversing can be heard.</p>	<p>A silk tent composed of layered elements, with a viewing window. The air is lukewarm, and a gentle breeze causes the individual silk fabrics to drift softly. Inside the tent, sun catchers cast colorful specks onto the white fabric, dancing across the surfaces.</p>	<p>A bright, open space in pastel tones, filled with Biedermeier-style flower bouquets. Wind chimes can be heard, and a willow tree grows in the room.</p>	<p>A swing attached to a large, old tree. A narrow dirt path leads to it, and the ground is scattered with rocks and small tufts of grass. Natural ambient sounds fill the air as evening twilight sets in.</p>
<b>Evening</b> 	<p>A small, contained cave-like space with a bit of light, similar to a mine. The light should be cool-toned, with a single warm light source for orientation. In the background, white noise in the form of a soft, high-pitched hum.</p>	<p>A porch swing beneath a starry sky, set in an open meadow. The air smells of fresh grass, and crickets chirp eagerly. Soft, warm light glows from lanterns hanging in the weeping willows. The temperature feels like a mild summer night.</p>	<p>A quiet, slightly fractured cave. Dim and dark. Everything is still. The atmosphere is calm and cool.</p>	<p>A small, cool oasis with a pond and lush plants. Mist drifts through the space, and the air smells of lilac.</p>	<p>A grotto with cozy, warm light and the resonant sound of a singing bowl. The gentle trickling of water can be heard.</p>	<p>A cave with minimal warm lighting. It is filled with comfortable cushions, and the air carries the scent of incense. The space is slightly larger, allowing one to wander around within it.</p>

**DARK / HALF-LIGHT / LIGHT**  


**WIDE & OPEN / STANDARD ROOM SIZE / SMALL & CLOSED**  


**LOTS OF VEGETATION / ONE SPECIES / NO VEGETATION**  


**SOUND: NATURE / SOUND: WHITE NOISE / SOUND: HUMANOID**  


**WARM / COLD**  


## Results

**Morning:**  
 In the morning, I tend to prefer mostly bright light or occasionally dimmed lighting. The size of the space varies greatly and I like having some vegetation around. Such as a houseplant, for example. What stands out in particular is my preference for a nature-based soundscape and a warm room temperature.

**Midday:**  
 At midday, the overall atmosphere shifts. Instead of bright light, I prefer soft ambient lighting. I also gravitate toward spacious, open environments and a warm room temperature. The soundscape and the presence of vegetation vary.

**Evening:**  
 In the evening, my preferred lighting remains ambient or even a rather dark space. However, the spatial preference shifts toward smaller, more enclosed rooms. Additionally, I do not want to see any greenery and prefer white noise. No human-made sounds. I still favour a warm room temperature.