

ABSTRACT

An object of the present disclosure is to allow the user to perform his or her work more efficiently while watching the display screen of an electrical device. A lighting system (10) according to the present disclosure includes a first light source (1A), a second light source (1B), a control unit (3), and an information detection unit (5). The first light source (1A) irradiates a first irradiation region of an irradiation surface with first lighting light. The second light source (1B) irradiates a second irradiation region of the irradiation surface with second lighting light. The irradiation surface is located behind an electrical device having a display screen. The control unit (3) controls the first light source (1A) and the second light source (1B). The information detection unit (5) detects biometric information of a user of the electrical device. The first irradiation region is narrower than the second irradiation region. At least a part of the first irradiation region overlaps with the second irradiation region. The control unit (3) changes, in accordance with the user's biometric information detected by the information detection unit (5), a light quantity of the first lighting light in a light quantity variation period in a predetermined cycle.

(Fig. 1)