



Lighting tips to help you on your way

Best reading light When you're reading, it's important to focus a bright light (task lighting) directly where it is needed, and avoid uncomfortable eye strain. It is recommended to place a reading lamp near your shoulder, with the bottom of the shade even with your head.

Best light for watching TV Watching TV in a dark room forces your eyes to work harder and they fatigue more quickly than they normally would. This can lead to dry eyes and headaches. By placing a light (ambient lighting) behind the television, you are brightening the room enough to reduce negative effects on your eyes.

How to make your room look bigger Next to choosing the right furniture, light can help make a room look bigger. Have multiple light sources and use the three layers of light as a guide. Place lights in corners to open up the space. For small rooms with high ceilings, include a long pendant to draw the eye up.

How to set the mood To create a range of moods use layers of light with dimmer switches to change up the brightness to get ambiance from cozy to energizing. If you don't have dimmer switches, choose multifunction LED bulbs like SceneSwitch or smart bulbs that offer different settings. Or, turn off all of the lights except for an accent or task light to create a mood or dramatic effect.

How to choose the right brightness The key word here is lumens. Before LEDs, we looked for wattage to determine brightness. Now with energy efficient LED bulbs available, brightness is better measured by lumens. Look for lumens on the packaging to get the brightness you are looking for. Below are some handy tips on how to get the brightness equivalent of a traditional incandescent bulb:

- Replacing a 40W bulb: look for at least 450 lumens
 - Replacing a 60W bulb: look for at least 800 lumens
 - Replacing a 75W bulb: look for at least 1,100 lumens
 - Replacing a 100W bulb: look for at least 1,600 lumens
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How to use light to improve your sleep You can use lighting to improve your sleep. Our brains respond to lower levels of light by releasing melatonin, a hormone that helps to regulate our sleep cycles. Melatonin starts to increase in the evenings and peaks during the night. You can dim your lights or use programmable smart lights to switch to a warmer, sunlight color and dim in the evening, at least 30 minutes before bed. This gradual reduction in brightness will aid in the production of melatonin to help prepare you for better quality sleep.