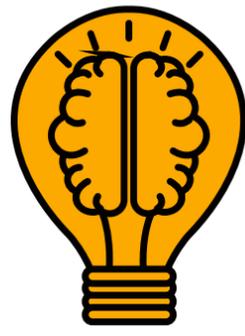


# Which light should I buy?



## Think of light as the ultimate creative tool in your brain kit!

Play with spotlight, linear and diffused lights to help you to focus, relax, or be inspired. To make fresh connections and reduce eye strain. Contrast is key: Dark can be as powerful as light! Use sheer curtains and an anti-glare cover on your screen to fix glare. Choose black-out curtains for sleep.

### Basic principles

**Bright, 'cool'** = focus, attention

**Soft, 'warm'** = creative, collaboration

**Light on the task** = visual comfort, speed, accuracy

**Light on the walls and bouncing from the ceiling**  
= alertness, reaction time, sleep-wake and mood.

### Brightness

**Lumens** = amount of light generated by the light source

**Lux** = amount of light reaching your eye or the task

(3 lumens = dim, 00 lumens = bright)

**Tips:** For an overhead or task light in your workspace choose 100 lumens or more. For a table lamp it's 50 lumens or less, 20 lux is plenty for a bedside light. Add a 40w clip-on reading lamp with a narrow beam to read in bed!

### Colour temperature

**Kelvin = colour temperature**

**Low number** (e.g. 2,700k) = warm

**High number** (e.g. 6,500k) = cool

'Sunlight at noon is around 5,000k

**Tips:** For work, choose 4,000k (most people find this best for focus). Switch to 3,000k for creative thinking and cooking with friends. Switch to 2,700k (or even 2,300k) for that firelight glow feeling in the evening.

### Colour rendering

Artificial lights generate a combination of visible wavelengths that the brain adds up to create 'white' light. Better-quality lights give out more wavelengths so you see richer colours. This is called the Colour Rendering Index (CRI). 80 = poor. 90+ = good, 97 = very good.

**Tips:** For spaces where you spend time with others, enjoying food or on video calls, choose 90 or more. For garages and hallways you can settle for less.

Questions? get in touch! [shelley@ageoflightinnovations.co.uk](mailto:shelley@ageoflightinnovations.co.uk)

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