

Lighting



Sitting Area (think: Living Room)

Light three of the four corners, focusing one of those lights on an object (art, a plant, a striking chair). Use a combination of table lamps and floor lamps, some with a downward glow and some that shine upward. Allow for table top lamps next to a sofa or armchair. Allow for reading in as many seats as possible with down-glowing lamps on three-way switches.

Think variety. The key is to have a range of lighting heights and locations. You don't want to have only table lamps or only floor lamps with light all on one level. Instead, have a mix that includes a light on top of a shelf and something low, like a glowing cube on the floor— which also adds a nice, contemplative touch - depending on the feel you are going for.

Install more indirect lighting so the space is more relaxed. If you have high ceilings combine lighting on the ceiling and walls to help give the room a more relaxing feel, so visitors don't feel lost in a big open space. If you have an overhead fixture, put it on a dimmer, if you can.



Table & Chairs Area (think: Dining Room)

Install lighting so that your table is the brightest spot in the room. Use a chandelier or a pendant above the table, limiting the total wattage to 100. Be sure not to hang it too high. Generally you want the lamp 30-34" above the table.

Elsewhere in the room, indirect lighting is best—it's relaxing and flattering. Give the space a subtle glow with a pair of small table lamps on a credenza or table, or matching sconces on the wall above.



Layer your lighting

Take a layered approach to lighting with different light sources across different levels to create ambience and interest in a room. Use lighting to make the most of a room's size and shape – uplighting makes a room feel larger, low hung pendants will create an illusion of height and clusters of lighting make large rooms seem cozier.

Choose the bulb carefully

The bulbs you choose should be more than an afterthought, racing through the supermarket when you realize they've blown. You should consider the following:

- How bright do you need your space (watts)
- What atmosphere are you trying to achieve (color temperature, e.g. lower temp is more similar to candlelight, while higher temps are more akin to a blue sky outside)
- Should energy efficiency be considered (for more frequently used lights)
- Are you trying to make a design or focal statement (with scale, shape or colors)?
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Table and Floor Lamps

Table and floor lamps can provide both ambient and task lighting. As decor goes, they are very flexible because they're not hard-wired. They can be moved to wherever light is needed and there's available table or floor space.

When choosing a table or floor lamp, consider the room's scale and the relationship of the lamp with the furniture around it. If you have a bigger room, use a bigger lamp.



Sofa Side Table Correct Lamp Size

- Ideal “living room” table lamp size: 24” – 34”
- Eye level measurement: The bottom of the shade should line up with eye level when sitting on the couch or chair. (This may mean adjusting the lamp size, shade size, or harp. OR the table size or chair size.)

Lighting Fatigue

Bring more light to certain spots and favorite objects. It's important that different parts of the room are at different brightness levels to prevent lighting fatigue.

What is “lighting fatigue”?

Imagine the feeling of being in a conference room where everything is at the same light level and there are no shadows—that's lighting fatigue.

Less is more

Keep theme, color schemes and material finishes consistent throughout the room or office, especially when it comes to lighting. Too many different styles in a sordid array throughout can be confusing on the eye and will cause uneasiness. Neutral, lighter tones will open up a space and make it appear larger, statement pops of color (e.g. through lampshades) will add interest, while darker hues add a touch of luxury and cosiness. Keep it simple and consistent.