



How to Choose Lighting for Your Home

Tips to Brighten Up Your Space

Find out how to let the light radiate in any room.

Top Questions to Ask Yourself When Selecting Lighting

01

Are your lights positioned to **maximize brightness**?



02

Are you lighting **unexpected places**?



03

What **color temperature** do your light bulbs emit?



04

Do your light fixtures **help or hinder** your lighting goals?



05

Can your lights **dim**?



How to Choose Your Color Temperature for Lighting

Your lighting's **color temperature** describes the appearance provided by a light bulb.

It's measured in **degrees of Kelvin (K)** on a scale from **1,000 to 10,000**.

1,000 2,000 3,000 4,000 5,000 6,000 7,000 8,000 9,000 10,000

Warm ← Color Temperature Scale → Cool

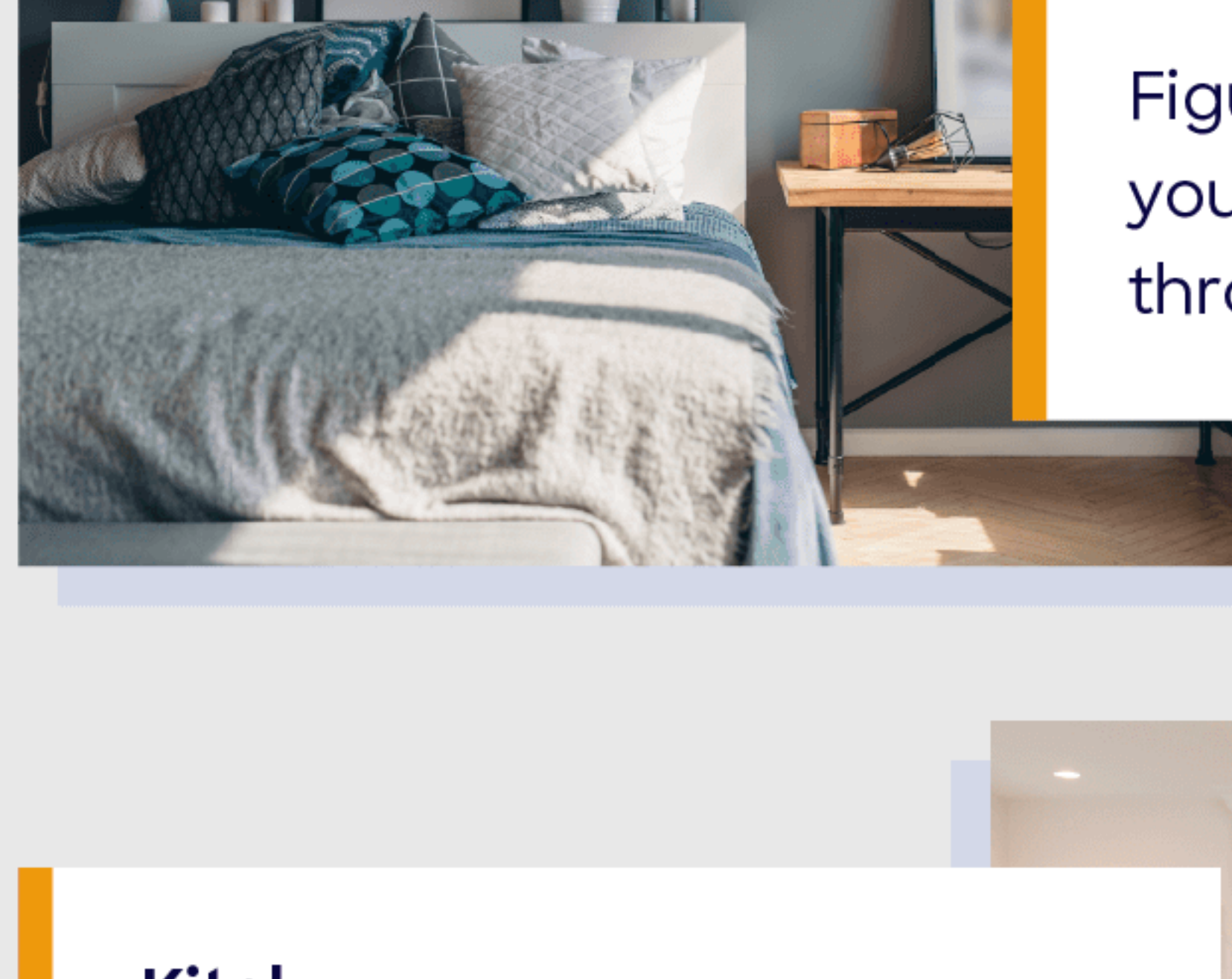


If your home has **mostly cool tones**—blacks, grays, bright whites, blues, and greens—then a **color temperature of 3000K or 3500K** works well.



If your home has **mostly warm tones**—browns, tans, reds, oranges and yellows—then a **color temperature of 2700K or 3000K** is ideal.

Lighting Tips for Productivity and Wellness By Room

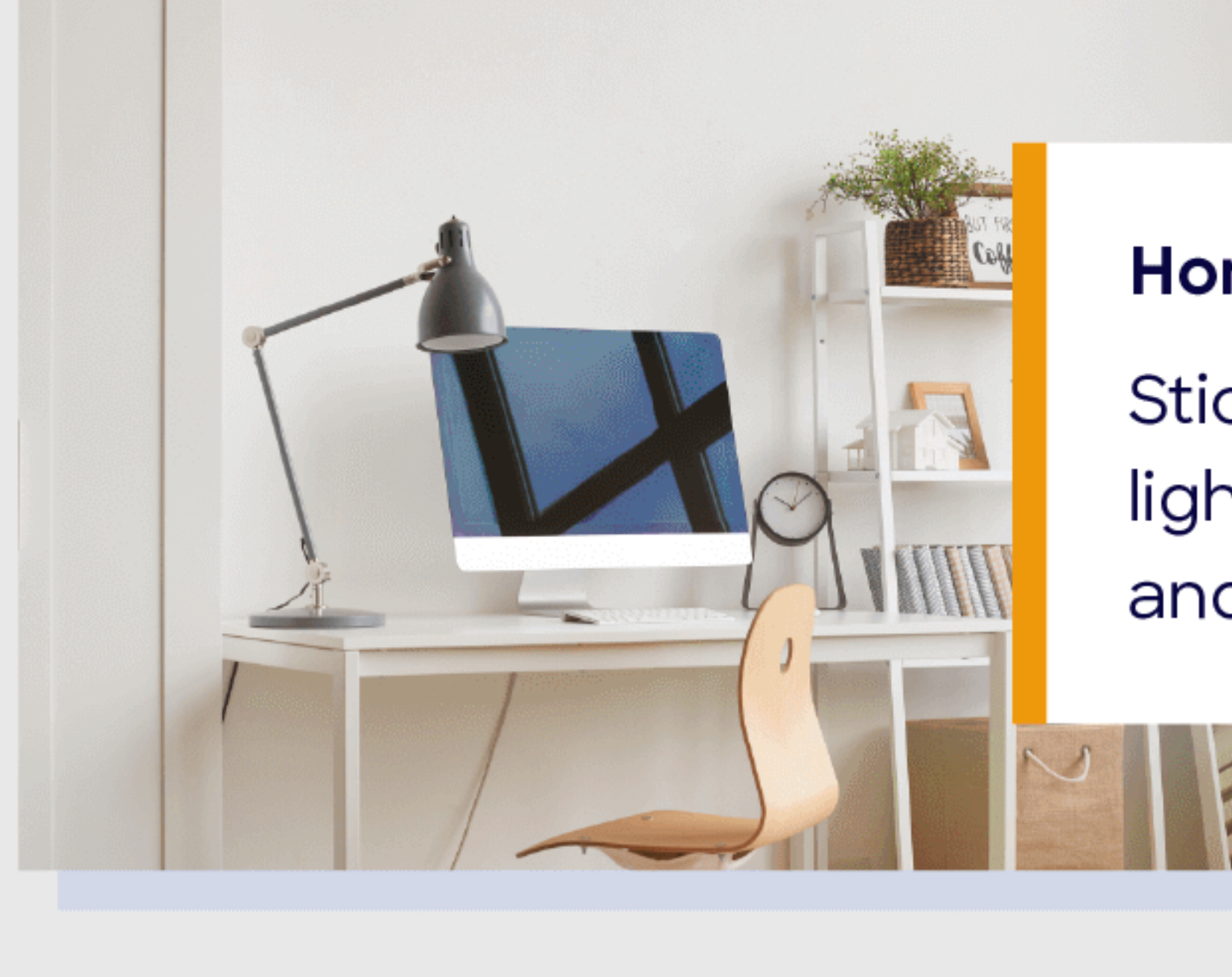


Bedroom

Figure out how to maximize your Circadian rhythm through lighting.

Kitchen

Choose a neutral light that is functional yet doesn't have a harsh brightness to it.

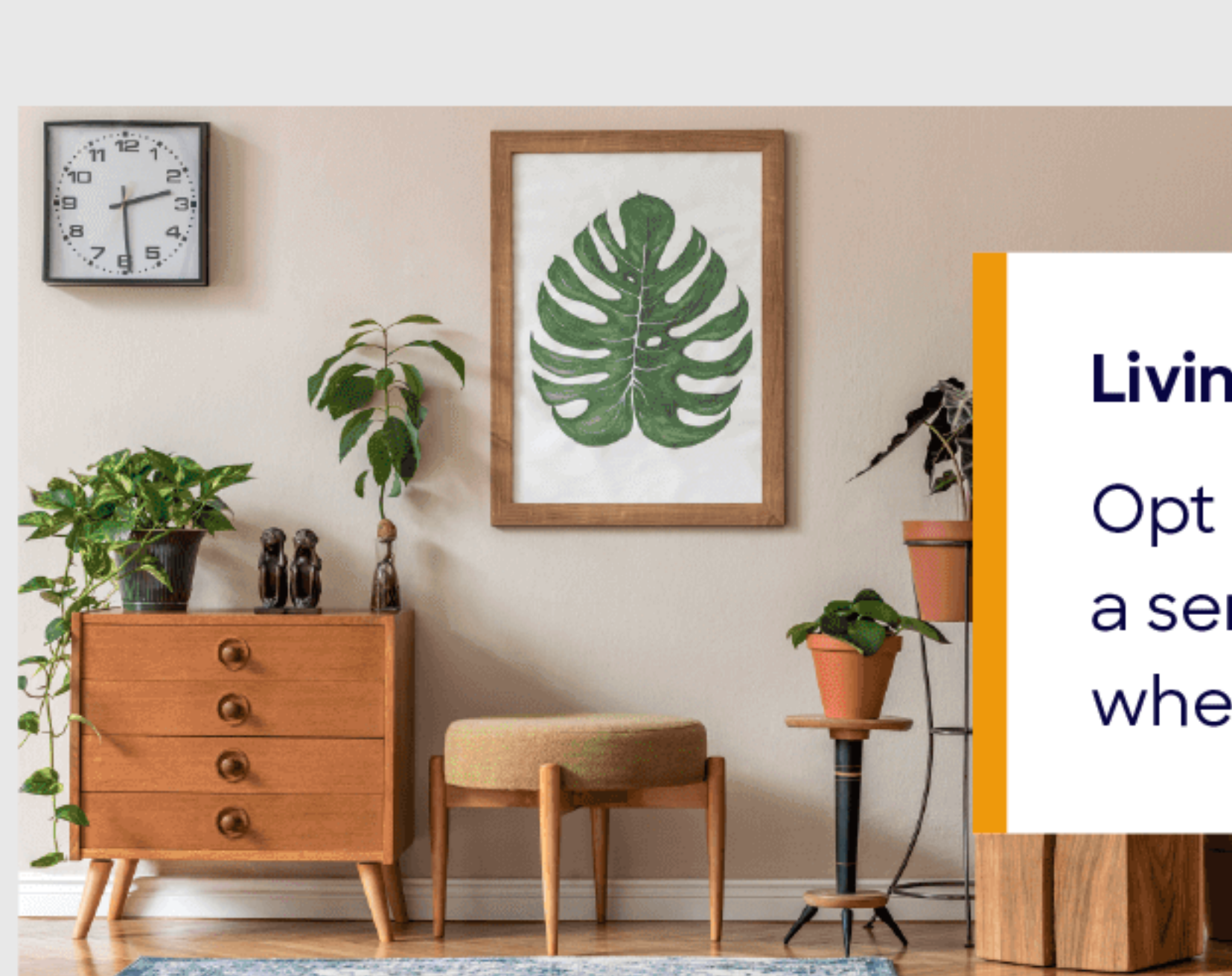


Home Office

Stick to cool-toned, bright light to maximize alertness and productivity.

Bathroom

Optimize your hygiene/beauty routine by using cooler and brighter lights.



Living Room

Opt for warmer tones to create a sense of welcoming comfort when relaxing in this space.

5 Essential Steps to Brighten a Dark Room



01

Position lights towards walls and ceilings to be intentional about optimizing the expansion of the lighting.

02

Opt for light, bright paint colors for the ceiling, preferably white or a vibrant, light pastel.



03

Limit wall art and furniture and keep key pieces like bed frames low to the ground when possible.

04

Keep dark colors to a minimum in the room you're trying to brighten—only use darker hues for accents.



05

Simplify your window treatments and curtains—maybe try a white or bright beige linen material.