LIGHTING

Standards:
- Typical functions of a light fixture: Task lighting (to see fine details), Ambient/Uplight (to brighten a room), and Transition Lighting (to alert you of a transition, for example, step lights).
- Light Expression: Light bulbs have different 'warmth' expressed in Kelvin and they also render colors in different ways. You should strive to buy a light that meets the criteria below:
- Color Temperature: Around 3000K (Kelvin)
- Color Rendition (CRI): 90
- Brightness: The brightness of an incandescent bulb is expressed in wattage, the brightness of LED fixtures is expressed in lumens. (Note: A helpful guide to buying LEDs).
- LEDS: LED lights have become the standard. Because of their different technology, they can be smaller, they last for a very long time and are more energy efficient. Click here for more information.

I believe in choice:
- Lighting is part of making a space. I do not think that it is necessary to light every space evenly. It can create a beautiful atmosphere to have a pool of light instead of lighting a whole room. People often use light bulbs that emit very cold light in their homes. It is important to buy a light that has the right temperature (3000K). Lighting does not only impact visibility, but also our mood.

Tips:
- Experiment with inexpensive, battery-powered, stick-on LED lights to test where you need more light
- Color is part of the light in your home. A brighter or lighter color makes a room feel more animated and brighter.
- Pay attention to color contrasts. Older eyes do not perceive contrast as well as younger eyes, so do not be shy: use strong colors. Lighter color does not mean you have to stick to pastel colors. By the way, paint colors also come in a full color spectrum (meaning they do not contain black), which makes them richer.
- Many paint companies give you the opportunity to simulate a color choice online: Color simulator or you can do it the old fashioned way and do a brush out!