

Love your new home but not
your lighting ?

A simple guide to transforming your life with lighting



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Why is lighting in your home important

Home lighting is a key feature that has the potential to dramatically change the appearance and atmosphere of your home but often overlooked.

With clever planning and the correct choice of lighting solution for each room in the house, you'll be able to create the right kind of ambiance, adding both style and value to your home.

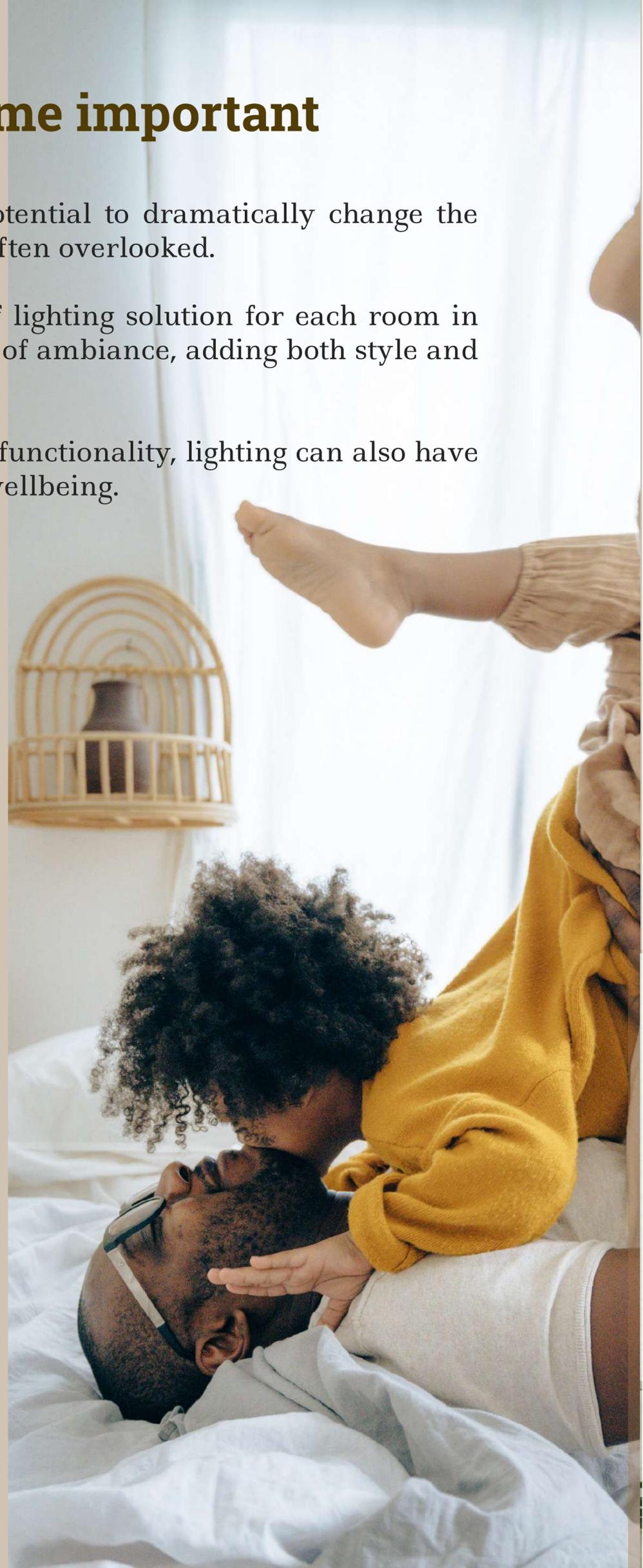
Besides having a huge impact on aesthetics and functionality, lighting can also have profound effects on your mood, emotions, and wellbeing.

Psychological and Physiological Effects of Lighting:

- Emotions (both positive and negative) are felt more intensely under bright light.
- Blue/white light makes us energetic and can interrupt sleep patterns if exposed to around bedtime due to the fact that blue light suppresses melatonin levels.
- Red/amber light in the evening can help improve mental health. This is because red light in the evening helps increase the secretion of melatonin which leads to better sleep at night.
- Saturation is the intensity of a color. More saturated hues can have amplifying effects on emotions, while muted colors can dampen emotions.

In order to implement an effective lighting strategy for your home, you will need a professional that fully understands electrical systems and lighting design.

Besides the technical knowledge required, the person installing your lighting should also be concerned with mood, aesthetics, safety, and enjoyment. And that's where we can help!



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Introduction

Spec Home Lighting

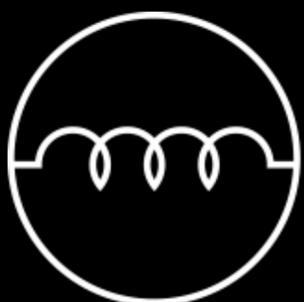
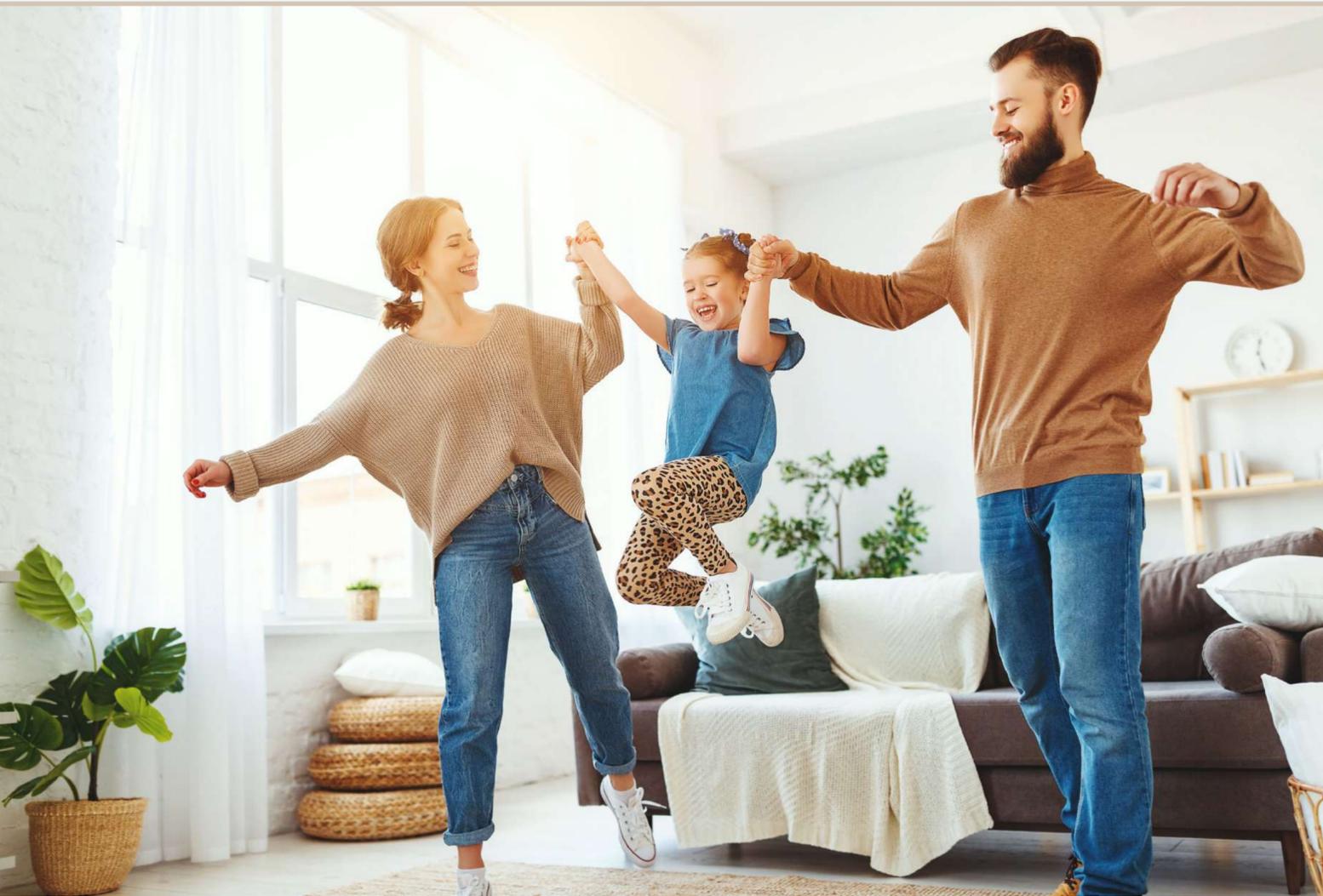
Having had worked with many clients on upgrading their spec home / new build lighting,, we soon identified a trend and a high demand for good lighting.

The common issue with spec homes is that they come with budget electrical fittings & lighting to maintain competitive pricing.

We put this simple guide together to help homeowners to understand how important good lighting is to make your house feel like a home.

Now that it's your home - how can you personalise your spec home lighting for a happier and more productive you?

Call us now, for a free consultation and to see our different downlighting options in our easy to see lighting display.



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Downlights

The most common lighting in a house is downlights and it's a good place to start.

Downlights in spec homes are mainly eco (economic) downlights.

We work with all the leading manufactures and a vast variety of downlights to bring you what best suits your home.

LED downlights come with a multitude of lighting possibilities for every kind of space, which will help you create the ambiance you desire.

Speak to us and we will help you chose the correct lighting that suit you and your home for a better living!

What to consider

There are few things to consider when choosing lighting.:

- High CRI (ColourRendering)
- Low Glare
- Beam angle
- Dimmers
- Colour Temperature



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High CRI downlights

With quality lighting, true colours are revealed, textures stand out and finishers have more depth. But achieving natural colours from artificial light sources like LED can be compromised. That's why high CRI lights are recommended.

Colour rendering index (CRI) is a measure of how accurate colours look under a light source when compared with sunlight.

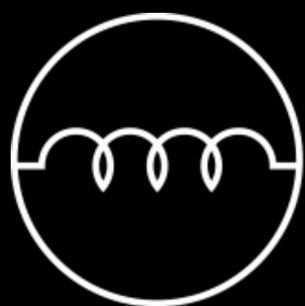
Rated on a scale of 1 - 100, the Colour rendering index (CRI) indicates how well an artificial light reproduces the colour of the objects it illuminates. The closer the CRI is to 100, the better the lighting source is at rendering colours naturally. The lower the CRI, the more unnatural the colours can look.

Standard LEDs have a CRI of 80 meaning they render 80% of the visible colour spectrum the sun produces at the same colour temperature.

We suggest a downlight with a CRI of over 90+ to more accurately render the colours found on a sunny day at noon. Higher the CRI the better.

Professional series downlights have 90+CRI, while art series downlights have a high CRI of 97.

When you chose the right downlights your skin tones and décor will appear in their true natural beauty!



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Low Glare

The main problem with eco downlights is the glare. The best way to explain this is to imagine the strong dazzling headlights of an oncoming car at night.

Cheap LED fitting often has a 100% plus beam angle which spread the light everywhere. Low glare downlights concentrate the light to a beam angle of 60% or less - often you can't actually see where the light is coming from, giving you a nicely lit space but without the "oncoming car headlight" effect.

Bright lights are harmful to your eyes. When the retina's light-sensing cells become over-stimulated from looking at a bright light, they release massive amounts of signaling chemicals, injuring the back of the eye as a result.

The low glare downlight makes a huge difference – not only the softer light is better for your eyes, but it will allow you to set the mood while creating an atmosphere that suits the purpose of every room in your home. Choose lighting that will minimise the glare and maximize the spatial experiences.

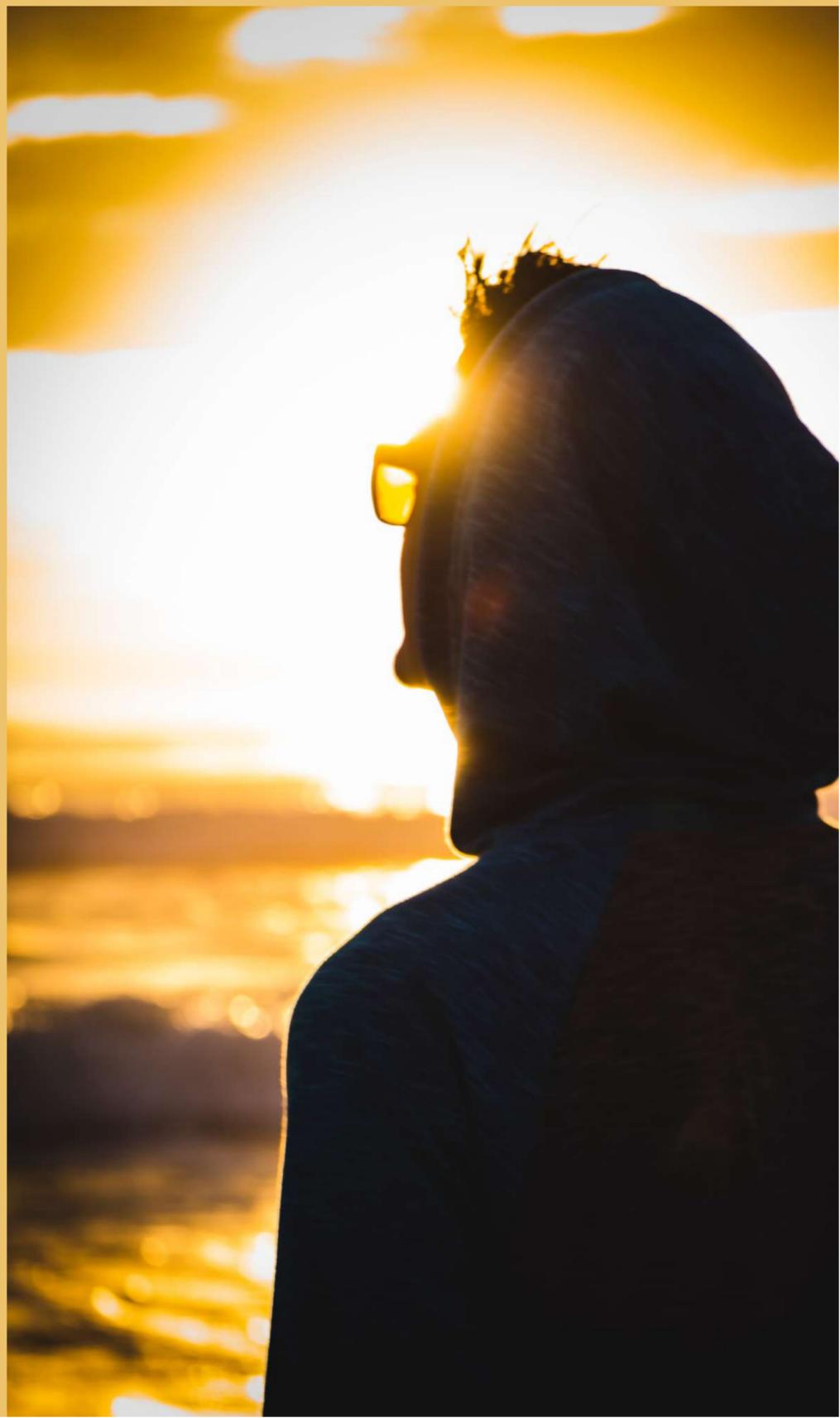
The Unified Glare Rating (UGR) is a measure of the glare in each environment. A lower UGR value indicates less glare and therefore relates to a more visually comfortable environment.

The correct lighting solutions combat glare, allowing you to control the illumination of objects through beam angle, diffusion, and output options.

This is why we recommend all our customers to use recessed downlights, that sit deep in the light cavity, hidden away for a relaxed atmosphere, or a prismatic diffuser giving softer light beams. It makes such a difference!

The beam angle is the trajectory at which the light is emitted, while the diffuser is positioned in front of the source to shape or soften the light and reduce the sharpness of shadows. You can find a wide range of beam angles from 9-100+ degrees.

Dimmers are another great option to control the lighting in a room as you desire.



Dimmers

When talking about low glare we must mention the dimmers. Imagine a room where you can change from general downlight to beautiful warm mood lighting of your preference in an instant!



There are general dimmers that can dim the light and some lighting manufactures who have sunset dimmer which not only dims the light but also adjusts the colour temperature for a warmer, softer glow. As you dim the light, it's colour emulates that of the sun going down. Combined with a high-quality CRI rating – it will reflect colours more naturally. You can now have excellent mood lighting where and when you need it!

For an example the sunset dimming is a great option for a living room or bedrooms – especially kids bedrooms for parents like myself, where you can use them as a night light as they dim right down and also it changers the colour tone to a warmer light that promote sleep. The brain interprets light as a sign of when to be asleep & awake, and it also effects the production of melatonin - a hormone that helps us fall asleep and stay asleep. That's why the right lighting in the evening is important.

Beam Angles

Again, the beam angle is the trajectory at which the light is emitted, while the diffuser is positioned in front of the source to shape or soften the light and reduce the sharpness of shadows.

Together they play a key role in the focus and the diffusion of light, whether you want to highlight interior features with defined light beams or create even, general lighting with wide beam angles and diffused light options.

You can find a wide range of beam angles from 9-100+ degrees and diffuser options. Talk to us and we can help you select the correct options.



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Colour Temperature

CCT (Correlated Colour Temperature) is the measure of the light's colour appearance.

Light colour is measured on the Kelvin (K) scale. Lower numbers mean the light appears yellowish, and higher numbers mean the light is whiter or bluer.

It's important to take into consideration the colour temperature of your lights.

Our natural environment has high blue light (high colour temperatures) during the day and warmer lighting (low color temperature) in the morning and evening. Blue light boosts our alertness and productivity, while it also helps regulate our natural sleep and wake cycles. But too much blue light in the evening can suppress our melatonin levels and affect how well we rest.

Light tends to fall into three different categories:

- Warm
- Neutral
- Cool

WARM LIGHT

Adds a warm, cozy feel to the room, best for bedrooms and living rooms. When you're lighting the area of relaxation - bedroom and living rooms -warmer colours with low blue light create a comforting environment. A colour temperature of 2700 Kelvin (K) or lower is excellent for these spaces.

Switch lighting has Sunset Dimming and Tunable White options that can transform general lighting and support our natural body clock, making them a great option for rooms where mood lighting is a priority.

NEUTRAL LIGHT

The whiter light is best for areas that require energy and focus, such as the kitchens, bathrooms, garages, and utility rooms.

COOL LIGHT:

This bright, blueish/whitish light is most similar to noon on a sunny day. This type of lighting is great for reading, projects, and other hobbies. Cooler light is better for areas where you need extra attention to detail, such as bathrooms and kitchens.



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Room-by-Room Interior Lighting Guide

A functional and decorative lighting scheme will almost always feature some combination of three basic layers:

- Overhead/General Lighting
- Task Lighting
- Accent Lighting

You will want different types of lighting depending on the room and its role.

Entryways

Source: contechlighting.com

You should have the entryways and hallways well-lit for family members and guests. The lighting should ensure safe passage from your entry to other areas of your home. Ceiling fixtures are perfect for this. They can provide you with the ambient light necessary to provide a warm welcome.

Stairs and Hallways

Your stairs and hallways should be lit well enough to provide safety for the people that are using them. In your hallways, consider installing fixtures every 4-6 feet is an effective way of lighting the area, defining its form and shape while also highlighting artwork and textures. Light can also be used to make the space seem more expansive, lighter, and spacious.

Consider varied light sources, such as wall lights, wash lights, but it will all depend on the space of the room and the spacing of your fixtures.

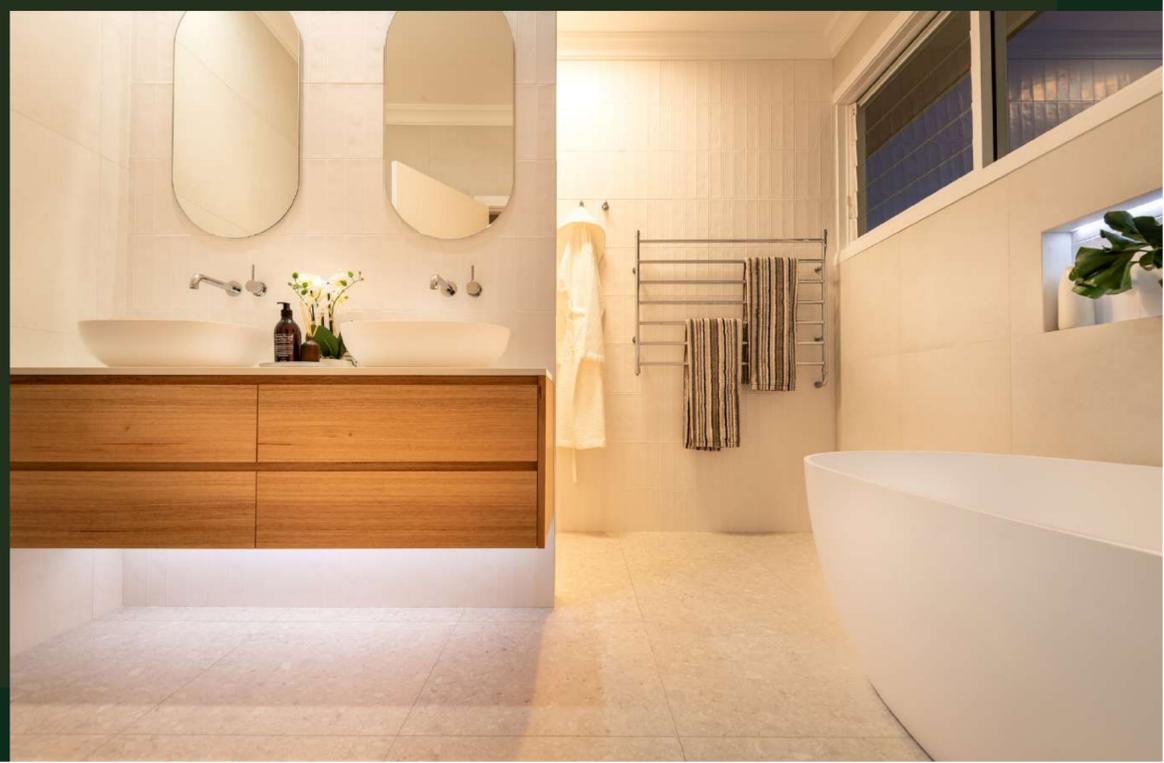
Utility Rooms and Garages

Your utility rooms and garages, such as laundry and workspaces, will want plenty of ambient and recessed lighting. Your utility rooms require task lighting, which can be a combination of track lighting and pendant fixtures of higher illumination. Add some colour and illumination to your utility rooms to focus on things such as sorting, mending, and fixing.

Bathrooms

The primary objectives of your bathroom are safety, function, and aesthetics, as they are for most rooms. You should have a bright light in your bathrooms that are even and shadow-free.

We recommend recessed lighting for your bathroom since it frees up space and provides a clean, glare-free look.



Living Room Lighting

The family/living room is usually where families spend the most time. Sometimes the dining room is the living room. In any case, since we spend the majority of our waking hours in the living room, it's especially important to have a lighting scheme that works for you.

Keep in mind the activities that are performed in the living room— watching TV, working on the computer, reading, hanging out, and much more. For the living room, we recommend installing track lighting and adjustable recessed downlighting that can help highlight artwork, sculptures, and architectural details.

Bedroom Lighting

The bedroom is an extremely important area to pay attention to. You will want to take several factors into consideration, including the size and scale of the room.

Bedrooms usually have some sort of ambient lighting combined with task lighting for reading and other tasks. Consider adding recessed lighting with dimmer controls above the head of the bed but avoid installing lights directly above the bed.

Smaller, light-coloured bedrooms may not need as much ambient lighting. If you have a lot of mirrors in your bedroom, there may be enough reflective light from other lighting sources to compensate.



If you have darker colours in your bedrooms, you might want to add some more ambient lighting. If you have artwork or details that you want to highlight, consider adding accent lighting.

A game-changer for the bedroom is dimmer and other lighting controls. This gives you the ability to control the light levels for different lights in your room. You can change the lighting situation depending on your mood now.



Kitchens

Kitchens aren't just places where you cook anymore. They have become a center point for the home and are used for a variety of tasks, including cooking, eating, working, cleaning, and hanging out.

You will need plenty of ambient light, supplemented by some task lighting. You can add undercabinet lights to add visual interest and illuminate your work surfaces, combined with recessed lighting in your ceilings to reduce shadows and glare.

If you have a kitchen island or breakfast nook, you can light it using a pendant light or chandelier (with a dimmer). Dimmers in your kitchen allow you to dim the lights for a more romantic atmosphere or raise the lights for adequate task lighting for hobbies and other work.

- You can use undercabinet lighting under the front of cabinets to provide task lighting for your counters.
- You use the kitchen a lot, so consider energy-efficient light bulbs like LEDs.
- Add multiple lighting layers with separate controls for greater flexibility.



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Dining Room

Dining rooms should have the most beautiful light fixtures. They are the focal point of the room, so invest in a good fixture for above the table.

Typically, you will see a chandelier or pendant light above the dining room table, but you have other options as well, including track lighting and string pendants. Elegant glass can be used to dim the light and provide an almost candle-like feel.

And as with most rooms, we recommend installing a dimmer so that you can control the illumination levels. For certain meals, you may want a soft glow, but for activities like board games and puzzles, you will want to make sure everything is lit up.



Offices

More and more people are working from home, which means that the home office is taking on higher importance. In order to be focused and productive, you will want enough light for reading and other tasks.

You may not need as much ambient light since accent and task lighting can usually provide enough illumination, but some sort of ambient/accent combination should be utilized. Darker offices require more ambient lighting as dark colours absorb more light.



Kids Room

Safety is paramount when it comes to choosing lighting schemes in young children's bedrooms. For children's bedrooms, consideration should be given to the age and gender of the child. Toddlers will benefit from a bright, colourful ceiling light that can be dimmed to a lower level and left on during the night. Get your youngster to help you choose from a wealth of playful motifs and favourite characters.

Always ensure that the light fitting cannot be touched and that the light bulbs, in particular, are well out of reach. Light bulbs can get very hot in use, able to cause severe skin burns if touched.

As your child gets older, you may wish to update the theme or design of the light fitting to be more age appropriate, while an additional desk lamp may be required for reading and for homework.



About us

We are a local family-owned business specialising in residential electrical service and maintenance.

Based in North Shore, we carry out all types of electrical services work within the Auckland region and are available 24/7.

Master electrician and director Lewis Rudall is both UK & NZ fully qualified electrician with over 15 years of experience in the industry.

Lewis and his wife Nada started Lake Road Electrical Ltd with the intention of working locally with a focus on residential service & maintenance and servicing local small businesses.

We are extremely personable and easy to talk to and we will work with you to find the best solutions for your electrical problems and needs, whether a planned electrical job or as an electrical emergency.

ALL our workmanship comes with a lifetime installation safety guarantee.

At Lake Road Electrical we are experts in residential electrical service and maintenance. We handle many different electrical services, including indoor and outdoor lighting. If you are interested in improving or redoing your home's indoor lighting, give us a call.



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