

COME WITH PHILIPS



1 LIVING ROOM – Your main living space should be a room where you are relaxed and secure, and a place for fun and formality.

Main Light – The chief enemy is glare, a harshness caused by electric lighting. To avoid this try using an uplighter to bounce halogen light off the ceiling for a soft, more diffuse, but bright overall glow. An alternative, as in our home, is to use smaller decorative candle bulbs in wall fittings to create pools of light on the walls. Make sure you use good directional shades.

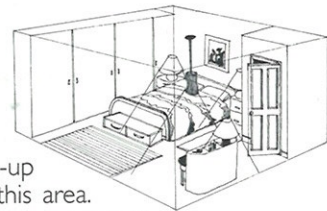


Secondary lights – The more light points you have the more control you will have over your lighting. It's so easy to change the mood, with brighter or dimmer light. Standard lamps will create pools of brighter light around a sofa for example, but can be left off when not needed. Try using a Softone bulb for a hint of colour that will enhance fabrics and textures. *Tip* – Try overlapping pools of light with shadow to enhance the feeling of space.

If you have a special reading or hobby chair, it is important for your eyes that this area is well lit. Position a table or floor lamp to throw light onto this area. A brighter light takes the strain off your eyes. Take care to fully shield the bulb, preferably with an opaque shade to avoid glare.

2 MAIN BEDROOM – A change of pace from the rest of your home.

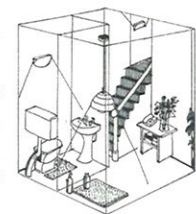
A room to retreat to at the end of the day. Make the lighting soft, calm and relaxing. Ensure light sources around the bed have brighter, directed light for easier reading. An opaque shade will do the job perfectly.



See yourself properly in your make-up mirror by directing brighter light into this area. Use powerful bulbs with large shades to give bright light without glare. The resulting soft shadows are very flattering!

3 STAIRS/HALLWAY – Stairs and hallways must be properly lit for your safety.

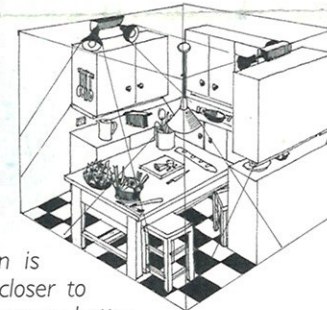
Main Light – Lights here are generally left on longer, so the energysaving qualities of the Ecotone bulb are perfect. *Tip* – Wall mounted uplighter shades throw bright light upwards for a sophisticated effect.



Side fittings – If you have a larger hall or recesses, use a spotlight to throw a bright concentrated pool of light over your favourite pictures or plants. Avoid spotlights in smaller hallways as they can produce glare from certain angles, and awkward shadows on stairs.

4 KITCHEN/DINING ROOM – This room requires a good mix of light for all the different roles it plays.

It is essential to have good lighting on the work surfaces to avoid accidents with your sharp knives, and for safe preparation of food. This can be achieved with spotlights, but watch those shadows, or as we have used in our kitchen, under cupboard strip lighting which will help avoid shadows.



We have also used a halogen bulb with a strongly directional shade to throw light onto the table.

Tip – The whiter light of Halogen is best for showing off colours as it is closer to daylight than ordinary lights, and that means better looking food.

5 STUDY/WORK ROOM – The hobbies and work room, often home to the family computer.

This is the room where motivation and activity are important, so good bright local light is necessary, but it needs to be used well. Make sure the light is directed where you want it and is not in the way. For example, when working with the computer have a pool of bright light directed onto the table but not onto the screen, to prevent glare. Computers need a similar intensity background light to that of the screen for best results, and ease on the eyes. Use a globe for warm, soft, diffuse light.

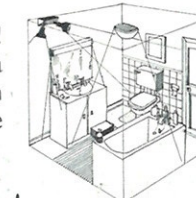


6 BEDROOM – Pop stars and posters, and clothes on the floor... Soft, diffuse light is ideal. Mount your lights on the wall behind the bed to free up space on the bedside table. Softone bulbs really enhance the atmosphere when matched with the decor of the room.

Bedside lamp – For this light source, you can either match the main light with lustres or candles, or fit energysaving bulbs for economy.

7 TEENAGE BEDROOM – The room you're not allowed in! Coloured bulbs are the only choice, in a range of vibrant party colours. But seriously, why not let them create the light to match the music.

8 BATHROOM – The room everyone uses! It's generally best to try and achieve a good, even light all round your bathroom, with accents over the mirrors to light your face with a soft wash.



9 ATTIC – The home of everything and anything! For safety ensure a bright, even light to avoid dark shadows. If you have a large attic you may need more than one bulb position.



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