

How to choose lighting



John Lewis



Lighting your home

We spend a lot of time transforming the look of our homes. One of the easiest ways to alter the mood in your home is with carefully chosen lighting.

We like our homes to feel comfortable and inviting so designing the way they are lit is important. The right lighting will accentuate your home and help you to get more from each space, whether cooking, working or relaxing.

When you decide to change or update your lighting there are some simple questions to ask yourself. This leaflet aims to offer practical solutions for each room, with inspirational ideas and expert advice, although we always recommend that you seek the advice of a qualified electrician for any electrical work that's needed.

Getting started

- **How do you use the space and at what time of the day?** If the space needs to work right throughout the day, then a number of different levels of lighting will be appropriate.
- **How big is the space?** Have you got room for a big chandelier, or maybe a compact spotlight will be more suitable?

- **How high is your ceiling?** If the room has a low ceiling then a flush or semi-flush light may be the best choice. If the area has more height – for example over a staircase, you may wish to choose a light which hangs lower.

- **Have you got space for wall lights?** They are an excellent way to provide some soft, low-level light, creating atmosphere and warmth.

- **Are there dark corners in your room that need some extra light?** Floor lamps can be useful in providing pools of light and are an attractive way of brightening up darker areas.

At John Lewis we stock a wide range of brilliant lighting solutions, and our expert Partners can advise you on your options if you need more help. You can also browse and buy online, on johnlewis.com.

Living room

You spend a lot of time in your living room, so it's only natural that you think carefully about how to light it.

There's always something going on in a living room, so it needs a variety of lighting in order for the space to work best. Low level lighting adds atmosphere but a ceiling fitting will probably be your main light source.

For larger rooms with high ceilings we suggest multi-arm lights, available with five, eight or more, bulbs. For smaller rooms, up to 5 x 4m, a three-arm light should be sufficient. Alternatively, semi-flush or flush fittings are perfect for low ceilings, and many of our fittings

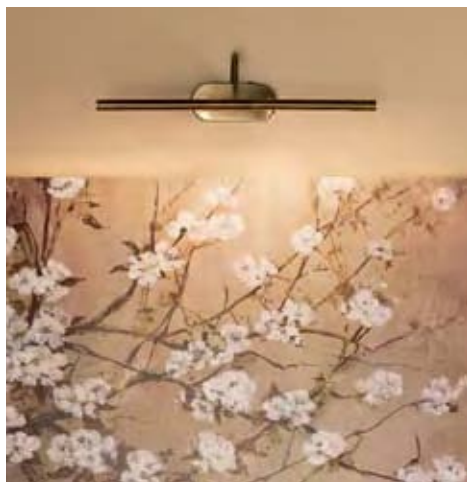
are height adjustable. Whatever you need, we have a great choice of living room lighting to match your decorative style.

Wall lights are a great source of additional lighting, whether focused up, down or in both directions. We sell a variety of wall lights in styles that match or complement our ceiling fittings. It's a good idea to choose light fittings in the same finish as the room's door handles or existing switch cover plates, and we stock a wide selection to create a co-ordinated scheme.



How should I light my room when watching television?

When watching television, it's a good idea to have another light source other than the screen. To avoid straining your eyes, try positioning lights in alcoves, or use wall uplighters near or behind the screen to bounce indirect light off the wall.



How should I display my favourite picture?

Lighting is a clever way to draw attention to your artwork and we sell picture lights in a range of finishes. Opal-effect bulbs are a good choice for your fitting as they reduce glare and provide a more subtle effect.



Kitchen and dining room

Whether you have an open plan room which combines areas for cooking and eating, or separate spaces it's essential to plan your lighting so that you get the most out of the space.

When cooking, a good light source is vital. The most effective solution is flexible spotlights on a bar or circular plate. These can be angled so they provide directed light over areas such as the sink, oven and fridge. For lighting those dark corners or L-shaped spaces, a single spotlight works really well. Avoid fabric shades as they absorb smells and are not suitable for very humid environments.

For dinner parties, look for dimmable styles or choose wall uplighters for more relaxed lower level lighting. An eye-catching pendant can provide excellent light over a dining table – and it creates a focal feature even when switched off. Alternatively, a floor standing arc light looks great over a dining table and creates an effective solution that doesn't require any wiring.



How do I create a dramatic look for my dining table?

Hanging two or more identical pendants over a dining table can transform a daytime diner into an atmospheric area at night. Many of our lights come with longer cable lengths so you can vary the height for your room.

How do I know whether a light can be dimmed?

Dimmable lights are perfect for this space, but remember that those with transformers usually offer a fixed level of light. A good way to recognise a light with a transformer is a deep, metal-grilled ceiling rose, indicating the light may not be suitable for dimming.

Bedroom

Lighting can transform a bedroom. For a relaxing retreat or a functional dressing area, lighting can help you achieve the perfect atmosphere.



Your main source of light could be a ceiling fitting you dim: it offers bright light for dressing, or softer illumination for a more restful atmosphere.

As a secondary light source, think about touch control lamps, which offer varying levels of brightness and can be turned on and off with just a fingertip.

If you work shifts or find it hard to get out of bed in the morning, consider a wake-up lamp which provides a daylight glow that gradually increases, waking you up to a gentle, more natural start.



Are you an avid book reader?

For reading in bed, choose low, bedside wall lights with individual controls; alternatively, book lights are a great way to read in the dark.

Children's rooms

As you would expect, all our fun and decorative lighting meets strict regulations, with low voltage transformers, stable bases, easy-to-handle switches and difficult access to hot areas. For very young children, we have a selection of low-level lighting choices, perfect for a reassuring all-night glow.



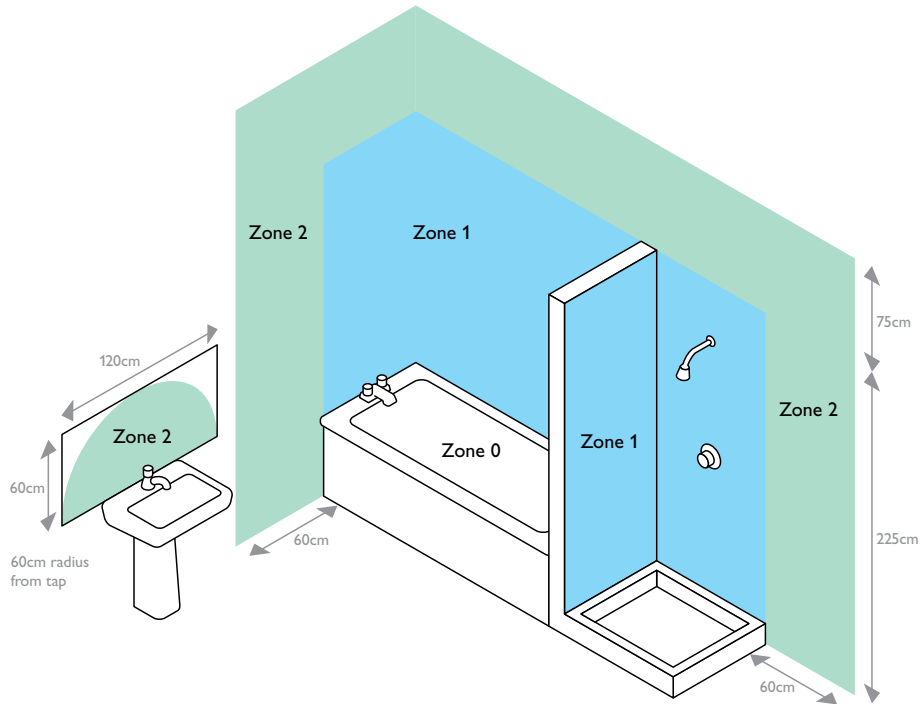
What can I do to update my guest room?

If you want to add instant and affordable glamour to a guest room, we have a fantastic selection of easy-to-fit ceiling pendants. They're simple to fix around an existing flex and bulb without the need for an electrician.



Bathroom

Whether you prefer a refreshing shower in the morning or a long soak at night, you can create a stylish look for your bathroom with our functional and attractive range of specialised bathroom lighting.



Each area of your bathroom is zoned, as shown, with specific safety rules. Our packaging clearly displays the zone for which each light is suitable.

Install in accordance with the IEE Wiring Regulations and the Building Regulations.

Zone 0 is always closest to the water source, where a lot of water may flow over lighting. Fittings must be completely sealed, watertight and use 12 volts or less, with a minimum IP (Ingress Protection) rating of 67.

Zone 1 is the area next to the water source. Lighting must be jet-proof with a minimum IP rating of 44 and is usually fitted flush to the ceiling or wall.

Zone 2 is the area furthest away from the water source. Fittings must be splash-proof and IP44 rated.



With smooth, reflective surfaces in a bathroom, glare can be an issue. Most of our bathroom specific lighting is made with opal-effect glass, which provides a softer, more diffused light. Glass shades are an ideal choice and won't deteriorate in a humid atmosphere.

If you would like more help choosing your bathing lighting, please ask one of our experienced Partners for advice.

What should I look for in a good bathroom mirror?

Being able to see well when shaving or applying make-up is essential. A well-illuminated mirror with integral bulbs is a smart choice, or a light over a mirror provides a strong pool of well-directed light.



Home office

More people than ever work from home or have set aside a room for pursuing their favourite hobby. If you have a home office, it's important to make the light work for you.



Make sure the room is correctly lit with plenty of focused lighting. When you're concentrating or carrying out detailed work, it's easy to strain your eyes. Task lamps are ideal, giving a high level of light that can be directed to exactly where you need it.

If you enjoy creative hobbies, look for specialised daylight bulbs. Not only do they simulate natural daylight, but they actually help bring colours to life.

What makes a good desk lamp?

A good quality desk lamp is an essential piece of equipment. Look for a solid base, an adjustable arm, a bright, focused light and an accessible on/off switch. At John Lewis we have a wide selection of desk and floor task lights, in a choice of designs.

What's the best way to light my computer?

When using the computer, it's far better for your eyes to have a secondary source of soft indirect light. A task or adjustable desk lamp is perfect to help reduce glare and screen reflections. If space is tight, use a floor task lamp that can be directed over your desk or computer.

Bases and shades

We have a great range of bases and shades in many styles and materials so you can find the perfect lamp to complement your style and your home.



With so much choice, here are some helpful hints to find the right combination.

- A base is a great starting point for your overall look. Think about the other furnishing materials in your room: while it's a good idea to match wood finishes, metal, glass, or ceramic work well with any decorative style.
- Next, select a shade that creates a balanced feel: tall, thin bases look great with smaller shades, while chunky bases can carry larger shades. In terms of shape, round shades

generally suit rounded bases, and so on. Alternatively, choose one of our complete base and shade combinations.

- The diameter of your lamp shade should be approximately equal to the height of your lamp base. Try to view the light at the same height it will be at home, to make sure you are happy with the proportions.
- When the maximum wattage differs between the lamp base and shade always observe the lower wattage when selecting the bulb.



How do I make sure my new shade matches my colour scheme at home?

Why not bring in a colour swatch of your curtains or wallpaper to match or contrast with our large range of shades? The shade colour and fabric texture will change when lit, so feel free to see how it looks. All our lighting departments have special areas to plug in and try shades and bases. Just ask a Partner.

Outdoor and garden

At night, a well-lit home is both welcoming and more secure. Outdoor spaces can also be improved and accentuated with creative lighting.



They may be purely decorative or have a more functional use but whatever the reason, it's worth considering your options.

Outside lighting is IP-rated: the higher the rating, the more resistant the fitting is to the elements. We offer a great selection of external lights which are all waterproof, durable and compliant with safety regulations. A minimum of 60 watts is appropriate for outside lighting and ensure that all outdoor switches are fitted under a canopy or sheltered from the rain.

For added security we suggest timers for interior lamps when you are away from home. If lights will be on for several hours, consider energy saving bulbs as these are more efficient.



Your garden can become a magical area at night with the right lighting. Why not highlight special plants and features with spotlights, or add focused wall lighting to your patio area? We also stock a good selection of solar-powered lights, which save energy, emit a soft glow and are easy to install.

How do I light up my garden quickly and easily for a barbecue?

Line lights are a fantastic way to add some garden glamour. We have a range of mains-operated or solar-powered designs that can really light up a garden party. Hang them from a parasol or around plants for an instant flash of inspiration.

Choosing light bulbs

Bulbs come in all shapes and sizes, but choosing the right one is down to three things: wattage, fitting, and appearance. Please ask a Partner if you would like any further advice.

Wattage

This is simply the measure of the electrical power used by the bulb. Each light fitting has a safe wattage limit clearly displayed and it's recommended that this is not exceeded.

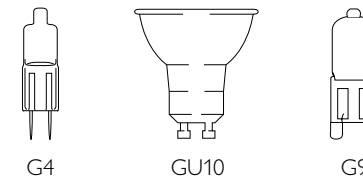
Fitting

In standard bulbs there are two fitting types: Bayonet Cap (BC) and Edison Screw (ES); both of which come in small and standard sizes.



Large screw fitting (ES) Small screw fitting (SES) Large bayonet fitting (BC) Small bayonet fitting (SBC)

The three of our most common halogen bulb fittings are: G4 pin bulbs which give off bright white light but are not suitable for dimming; G9 pin bulbs commonly used in decorative ceiling lights; and GU10 bulbs, mostly used in spotlight plates.



What's the best way to change halogen bulbs?

Take care not to touch new bulbs with bare fingers as the natural oils in our fingertips can damage the glass, reducing the bulb's life. All our halogen light fittings are sold complete with the first set of bulbs, but try to use cotton gloves or a similar alternative when replacing.

Shape and finish

Your choice of bulb shape depends on your light fitting. If a standard size bulb is too big, there are alternatives such as golf ball bulbs or candle bulbs, which are perfect for thin or small shades and traditional chandeliers.

Think about the effect you want to create when you choose a finish. Clear bulbs give a sparkling bright light; frosted or pearl bulbs provide a defined yet gentle light; soft tone bulbs offer a warm, diffused light.

What should you know about energy saving bulbs?

Energy saving bulbs come in various shapes and are more compact than ever. These bulbs use up to 30% less energy and on average last seven times longer than a standard bulb.

Our light fittings will highlight which bulbs they can take. Some of our lights are designed especially to use energy saving bulbs, which are now available in dimmable versions. Please ask a Partner if you would like any further advice.

Glossary

To help make your lighting choices clearer, here are a few terms you may come across.

Shade terms

Gimble

The metal frame inside a shade that's used to connect a shade to any base. Most John Lewis shades have reversible gimbles, which can be used on lamp bases or as a ceiling shade.

Diffuser

A translucent screen used to soften the light output and distribute an even glow.

Electrical terms

Low voltage

This refers to light fittings rated below the level of standard mains voltage. They require a transformer to step the power down to the appropriate level (usually 12 volts). This is included in the light fitting.

Transformer

Transformers carry current from one circuit to another, usually with a decrease or increase in voltage. They're essential for any kind of low-voltage lamp, such as a night light in a child's bedroom. A ceiling light with a transformer will have a large metal-grilled ceiling rose. These lights usually cannot be dimmed.

Ingress Protection (IP)

A classification system for all bathroom and outdoor lighting, which indicates the level of protection against the penetration of moisture and dust.

Types of lighting

Uplighter

A wall or ceiling light designed to direct light up the wall or onto the ceiling.

Downlighter

A light usually fitted to a ceiling or wall that throws light downwards.

Flush

A light that sits directly against a ceiling or wall. Ideal for low ceilings, smaller rooms and bathrooms, where the bulb is encased inside a completely sealed fitting.

Task lighting

The term for any lighting that gives concentrated directional light over a specific area. Often with adjustable arms, they are ideal for reading and studying.

Standard lamp

A floor standing lamp with a sturdy base and a fixed or height adjustable stem of about 1.2–1.5m (4–5ft) provides both decorative and task lighting.

The contents of this leaflet should be used as suggested guidance only. It should not be solely relied upon and therefore we advise that you always seek specialist advice from an electrician or other appropriate expert when choosing and fitting lighting appliances.

