Healthy lighting design: Residential vs Commercial

Commercial spaces, offices and schools
To increase productivity, encourage alertness and keep the sleep/wake cycle on the correct path, it’s integral to
use lights with a colour temperature of 4000k and higher. Increasing the surface area of a light source can also be beneficial, which means indirect lighting can be an advantage. However, it has been shown that prolonged exposure to excessively bright light levels has been shown to negatively affect emotional wellbeing, so care must be taken to not overdo the amount of light in the space.

Residential applications
In homes in Australia, the nocturnal lighting takes priority. It’s important to have a general lighting plan of 3000k and lower. Night-lights and guides should be kept to low light levels with as much yellow-red light as possible. An ever-growing disruption to nocturnal light exposure is the use of computers and hand held devices but luckily, mobile and web apps such as F.lux are allowing people to decrease the level of blue light from their screens at night.

Information has been gathered from various resources including our suppliers Philips, Osram, RAAT and HALLA.