

BUYING GUIDE • Lamps



SEE THE LIGHT

When furnishing a space, don't underestimate the impact of lighting. Get it right and there will be comfort, productivity and energy efficiency. Get it wrong and you'll see fatigue, general malaise and a waste of resources. Getting it right is easy once you determine your needs in terms of light technology, lighting and lamps.

| Technology | Bulb Life (hours) | Color Temperature | Light Output | Energy Info | Benefits | Ideal For |
|----------------------------------|-------------------|--|--|---|---|------------------------------------|
| Incandescent | 200-1,200 | Warm—brings out reds, yellows, earth tones | High | High wattage | Improves color definition, lowers glare, increases visual sharpness | Ambient lighting |
| High-Intensity | 500-1,500 | Warm—brings out reds, yellows, earth tones | Bright—equivalent to larger incandescent | Energy-efficient. Provides more light with lower wattage than incandescent. | Improves color definition | Compact size desk lamp |
| Halogen | 1,000-2,000 | Warm—colors appear crisper and cleaner than incandescent | Bright—lessens glare | Energy-efficient. Provides more light with lower wattage than incandescent. | Shadowless light, helps prevent eyestrain | Ambient, Task, Accent |
| Fluorescent | Up to 10,000 | Cool | Brighter than incandescent | More efficient than an incandescent of the same wattage | Spreads light throughout a space more completely than incandescent | Large scale task |
| Full-Spectrum | Up to 10,000 | Warm—emulates natural daylight and offers sharper contrast | Brighter, whiter light than others | 75% more efficient than incandescent lighting | True-to-life color representation, no glare, no eyestrain | Task, detail work, crafts, reading |
| CFLs (Compact Fluorescent Bulbs) | 6,000 to 15,000 | Warm—brings out reds, yellows, earth tones | Equivalent to incandescent | Energy efficient. Uses 60%-80% less energy than incandescents | Compact size, screws into standard lamp sockets | Ambient lighting |

LIGHTING—A smart design includes ambient, task and accent lighting.

Ambient Lighting Offers overall illumination inside. It provides an area with a comfortable level of brightness so you can easily see.

HOW TO GET IT: Overhead fluorescents, chandeliers, ceiling or wall-mounted fixtures or outdoor fixtures.

Task Lighting Illuminates the task at hand, be it reading, writing, drawing, computing or handiwork.

HOW TO GET IT: Recessed and track fixtures, pendants, high-intensity desk lamps and under-cabinet fixtures.

Accent Lighting Puts light right where you want it in order to add drama and visual interest. Use it to direct attention to prized possessions or to spotlight paintings or architectural details. (Accent lighting requires at least three times as much light on the focal point as the general lighting around it).

HOW TO GET IT: Track lights (concealed, surface-mounted or suspended). Recessed fixtures with adjustable lamp holders offer flexible, unobtrusive directional lighting... ideal for spotlighting.

LAMPS—Once you determine how the overall ambient lighting in your office works for you, you can fine-tune the illumination of your personal workspace with lamps. In addition to styles, finishes, heights and colors consider these functional features:

- **Data Ports** Handy ports in the base of a desk lamp let you connect your computer or laptop.
- **3-Way Switch** Lets you use two or more on/off switches, such as a wall switch and the lamp's switch.
- **Height Adjustable** Allows you to move the light source closer or farther away.
- **Gooseneck** Flexible, segmented arm positions the head of the lamp in almost any direction.
- **Swing Arm** Allows the lamp to rotate 360 degrees without moving the base.
- **Dimmer Switch** Allows you to change the intensity of illumination.
- **Magnifier** Provides a magnifying lens as well as illumination.
- **Clip/Clamp-On** Includes a clamp or clip mechanism allowing the lamp to be attached to the edge of a worksurface.

