

Effective Home Office Lighting

Well-conceived lighting in the home office workspace can increase visual comfort and work productivity. Or conversely, poor lighting is likely to result in tiredness, eyestrain and discomfort, reducing motivation and the ability to work efficiently.

There are three lighting concepts relevant to the home office – natural lighting, ambient lighting and task lighting. These all serve different functions, and if skilfully combined, will provide a comfortable and effective home office environment.

Most home spaces have ambient lighting provided by ceiling or recessed lighting but this will not usually be sufficient for effective working, particularly for the eyesight of older users, and it will be necessary to incorporate supplementary sources of light.

NATURAL LIGHTING

For day working, natural daylight has many visual benefits and desirable circadian attributes, but direct sunlight creates disabling brightness and glare which requires control with window blinds or sunshades. It is also necessary to carefully consider the direction of natural light, as inappropriate layout, such as a window behind a computer screen, will create distracting screen reflections and glare.

AMBIENT LIGHTING

If natural lighting is scarce, ambient electric light is important for visual comfort as task lighting alone can be gloomy. Overhead lighting should be positioned above the computer screen and

user otherwise disturbing shadowing will result. Colours of wall surfaces greatly affect light reflectivity, so lighter colours often provide a more amenable ambience. The goal is a visually comfortable task/ambient contrast balance without glare or shadowing.

TASK LIGHTING

For screen-tasks, dedicated task lighting is the most important working requirement. A well-chosen, mechanically adjustable portable plug-in desk lamp is needed to deliver tailored task light from exactly the right location and direction. Many portable desk lamps will be LED, so for daytime a cooler colour temperature such as 4000K will blend better with natural lighting, and the higher blue light spectral content will assist human alertness and concentration.

PORTABLE DESK LAMPS

Better types of portable desk lamps are multi-adjustable for height and angle and have refined mechanical construction. These are not only a functional source of light, used for many hours every day, but a quality, well-engineered product with personally appealing design will ensure enduring user satisfaction.

Specialist NZ suppliers offer many varied choices at a range of price-points.



Above: TLED66 by Superlux, Tolomeo by Artemide, Equipoise, TLED85 by Superlux

Lighting Council New Zealand is the industry association for lighting manufacturing, importing, and distribution companies in New Zealand, and associated lighting industry participants. www.lightingcouncil.org.nz

LIGHTING COUNCIL NEW ZEALAND FULL MEMBERS

