

# INTERIOR LIGHTING

A prelude to apt interior lighting

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NEWSLETTER

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## What prompted this piece?

In the rapidly evolving landscape of house construction, it's crucial not to overlook essential elements such as lighting design. With the haste to create a bright and modern space, builders or homeowners may inadvertently add excessive lighting. Having encountered numerous instances where I advised clients on suitable lighting choices, I believe it would be valuable to share some fundamental tips with aspiring homeowners.



*overly designed lighting for an interior space*

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### WHY IS IT IMPORTANT?

Consider preferences and well-being when designing lighting.

### TYPES OF LIGHTING

Interior lighting types include ambient, task, accent, decorative, natural, cove, and wall sconces, which can be combined for desired design.

### ARE YOU READY TO BUILD?

Achieving the perfect interior lighting involves combining the right temperature, suitable sources, and strategic placement, creating a well-balanced design that enhances ambience and functionality.

# Why is it important?

*How does interior lighting affect your mood? Why is choosing the correct colour temperature for different spaces important?*

Interior lighting has a profound effect on our mood, and one important aspect is the colour temperature of the light. Warm white light (2700K-3000K) creates a cosy and inviting atmosphere, promoting relaxation and comfort. It is ideal for areas like living rooms and bedrooms. Neutral white light (3500K-4000K) provides a balanced and natural illumination, resembling daylight. It enhances focus and clarity, making it suitable for workspaces and bathrooms. Cool white light (5000K-6500K), with its bluish-white tone, promotes alertness and vibrancy. It is commonly used in commercial settings and places where task-oriented activities take place.

The choice of colour temperature should be based on the desired mood and the specific function of the room. Factors such as intensity, brightness, shadows, and contrast also influence the overall impact of the lighting. Dimmer lighting can create a relaxed and intimate setting, while brighter lighting promotes productivity. It is important to consider individual preferences and the well-being of the people using the space when designing the lighting.



In summary, interior lighting, particularly the colour temperature, significantly affects our mood. Warm white light creates a cosy ambience, neutral white light provides a balanced illumination, and cool white light promotes alertness and vibrancy. By carefully selecting the colour temperature and considering other factors, we can create lighting designs that enhance the atmosphere and well-being of a space.

## Types of Lighting



Lighting using different kinds of light sources can create the perfect ambience for a house:

- **Ambient Lighting:**  
Provides overall illumination to a room. Examples: recessed lights, ceiling-mounted fixtures, chandeliers
- **Task Lighting:**  
Focused illumination for specific activities or tasks. Examples: desk lamps, under-cabinet lights, pendant lights
- **Accent Lighting:**  
Highlights objects, architectural features, or artworks. Examples: track lighting, wall-mounted picture lights, recessed spotlights
- **Decorative Lighting:**  
Adds aesthetic appeal and serves as a design element. Examples: decorative chandeliers, artistic pendant lights, unique table lamps

## Are you ready to build/renovate?



*example: The lighting in the right bedroom is excessively designed, resulting in a bright but lacking the desired mellow ambience suitable for a bedroom. Conversely, the left bedroom incorporates a well-balanced combination of ambient, task, and decorative lighting, successfully creating a relaxing ambience that aligns with the intended purpose of a bedroom.*

The perfect interior lighting for a house is achieved by combining the right light temperature, selecting suitable lighting sources, and strategically placing fixtures. The chosen light temperature sets the desired mood, while various lighting sources such as recessed lights, pendant lights, or task-specific fixtures enhance functionality and style. Thoughtful placement of these fixtures ensures adequate coverage, highlights focal points and avoids harsh shadows. By considering these factors, a well-balanced and inviting lighting design can be created, enhancing the overall ambience and functionality of the space.

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