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THE LIGHT IN YOUR LIFE

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design that fits your lifestyle

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Lighting Strategies

Because lighting directly affects your vision, it is important to be able to customize the amount of light in a room based on the function of the space. The following are tips from lighting experts on the appropriate lighting for daily activities:

READING

"Properly placed table lamps or recessed downlighting can help in giving the needed level of reading light and prevent both glare and eye fatigue," McCarthy says. "Illumination needs to come from the side or over the shoulder to prevent glare. Levels need to be five times greater than the average light level in the space." Leslie Markman-Stern, ASID, president of Leslie M. Stern Design Ltd. in Chicago, notes that as you age, the need for lighting significantly increases—seniors need three times as much light as young adults.



Photography by Paul Schlismann Photography, courtesy of Leslie M. Stern Design LTD