

Spotlight your work spaces



Why? Overhead bulbs can brighten a space, but often use more light than you really need. Using a kitchen counter light while preparing dinner—or a small lamp to read a book—brings better light to the task at hand and saves energy.

Helpful terms: The strategy of burning fewer, brighter, more targeted lamps to light specific areas is called "task lighting."

Good to know:

- Desk lamps and table lights are best for the bedroom or study.
- Recessed lights are appropriate for the kitchen or workbench. Think about incorporating these lights into your home's design.
- Many task lamps are compatible with energy-efficient bulbs, especially light-emitting diodes (LEDs). Unlike other bulbs, LEDs emit light in a specific direction, making them ideal for task lighting.
- If you have multiple switches in a room, label them so you can easily turn on the one light you need. Labeling is especially helpful for switches controlling outdoor lights or lights in other rooms.
- For convenience, plug in task lights to outlets connected to switches.
- Many task lamps are compatible with energy-efficient bulbs.

Added benefits: Using directed light while working reduces eye strain and is easier on your pocketbook. Also, you'll only need to turn off one switch.

Tip Details