**Executive Summary**

This paper offers insights from building and user experience (UX) testing an affect-enhanced RGB LED lamp, which utilises tightly synchronised body sensors and a self-journaling application to gauge users’ affective signals. The RGB LED lamp fundamentally differs from other smart-lighting IoT devices because it is the first device to be tethered to users’ affective state and designed to offer mood enhancement utilising research from colour psychologists Valdez et al. Inspired by the work of light-scape artist James Turrell, the LED lamp is designed to bridge the gap between mindful applications and smart lighting systems – improving users’ day-to-day quality of life. Additionally, this device will also contribute to academic research within multimodal affect-sensitive computing. Emotional intelligence is a facet of human intelligence that has been argued to be indispensable and perhaps most important for successful interpersonal social interaction. A wide variety of cues have been used by MHCI researchers to determine user’s emotion such as facial expression, body movements, vocal expressions and physiological reactions*.* However, this proposal offers strong support and insights for embodied and physiological approaches towards affect-sensing systems and multimodal device design.