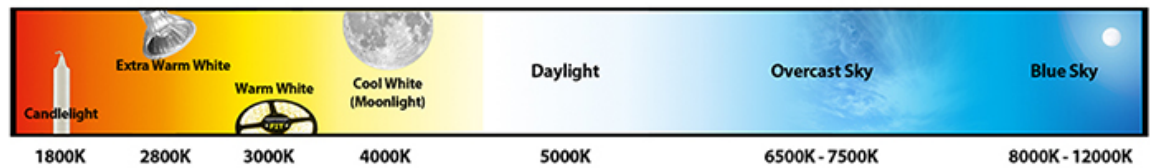


Light source: consist of two main parameters

- 1- Brightness or luminance: Brightness is an attribute of visual perception in which a source appears to be radiating or reflecting light or simply the intensity of light.
- 2- Kelvin or color temperature: Color temperature is a way to describe the light appearance provided by a light source. It is measured in degrees of Kelvin (K) on a scale from 1,000 to 10,000.

Colour Temperature Chart



Light sources:

- Light bulb: How to choose suitable light bulb for your eyes.

Our eyes are sensitive organ in our body so we need to choose which light and radiation we want to expose them to.

Kelvin or color temp.:

As studies showed us that when color temperature goes toward blue (cold)so means more kelvins so it can harm our eyes.

Color Temperature (KELVIN)	2000K - 3000K	3100K - 4500K	4600K - 6500K
Light Appearance	Warm White	Cool White	Daylight
Ambience	Cozy, calm, inviting, intimate	Bright, vibrant	Crisp, invigorating
Best for	Pendants, wall/coach lanterns, restaurant/commercial ambient lighting, residential recessed lighting, table & floor lamps	Basements, garages, work environments, task lighting	Display areas, security lighting, garages, task lighting

We should choose our light bulbs according to the table above:

I suggest to have more than one light bulb in one room

1-for studying (day):

3100k

2-for before sleep (night):

2000k

Brightness:

Kitchens: 5,000-10,000 total lumens

Bathrooms: 4,000-8,000 total lumens

Bedrooms: 2,000-4,000 total lumens (Sleep).

Living rooms: 1,500-3,000 lumens

Dining rooms: 3,000-6,000 lumens

Home offices: 3,000-6,000 lumens (Studying).

Smart phone and tv:

Use application on your smartphone or whatever device you're using to change kelvins or color temperature:

First month:

Night: 1900kelvins

Day: 3100 kelvins

After month:

Night: 1900kelvins

Day: 1900kelvins

Final conclusion:

Light bulbs:

1-for studying:

3100k, 3000 to 6000 lumens.

2-Sleep:

2000k, 2000 to 4000 lumens.

Smartphones use application:

First month:

Night: 1900kelvins

Day:3100 kelvins

After month:

Night:1900kelvins

Day:1900kelvins