

# GREEN LIGHT

Talk about energy-efficient home lighting and most picture a harshly lit space with little or no ambience. But this is far from the truth! Energy-efficient lighting has advanced beyond the ugly, buzzing fluorescent tube.

Now, choose from four types of low-energy lighting — compact fluorescent lamp (CFL), cold cathode fluorescent lamp (CCFL), electron-stimulated luminescence (ESL) and light-emitting diodes (LED).



## CFL

Shaped like swirly soft ice cream, these need slightly more energy when they are first turned on. But once the electricity starts circulating, they use about 70 per cent less energy than incandescent bulbs, and last 10 times longer.

Unlike the old fluorescent lights, CFLs are quiet and offer a variety of tones. Higher-end CFLs can be dimmed with existing incandescent dimmers. They contain mercury and should be recycled when they burn out.

## CCFL

They may resemble regular incandescent bulbs on the outside, but look closer and you will see CFL-like swirls on the inside.

CCFLs come in a wide variety of colour temperatures and can be dimmed down much more than CFLs.

## ESL

ESL lighting is the latest invention from the US.

ESLs turn on instantly and contain no mercury. They last up to 6,000 hours, which is about three to four times the lifespan of incandescent bulbs.

## LED

LEDs are extremely long-lasting and energy-efficient. Unlike fluorescents, they contain no mercury. LEDs produce directional light, rather than diffused light. ●

## THE LIGHT MIX

To produce interesting and dynamic interiors, lighting designers often use the concept of “light layering”. This means incorporating a mixture of four types of lighting:

■ **Ambient lighting** provides the overall illumination for orientation and general vision. Choosing a warm tone softens shadows and creates a relaxed ambience.  
**Fixtures:** Downlights, pendants, cove lighting.  
**Suitable bulbs:** All.

■ **Task lighting** is for carrying out activities where you need to see clearly, such as reading, shaving or typing.  
**Fixtures:** Desk lamps or floor lamps.  
**Suitable bulbs:** All.

■ **Accent lighting** is used to highlight specific objects or features, such as paintings or sculptures.  
**Fixtures:** Track lights, portable uplight lamps, or directional landscape lights.  
**Suitable bulbs:** LED.

■ **Decorative lighting** is used to add visual sparkle to a space and should not be too bright.  
**Fixtures:** Chandeliers, candlestick-type wall sconces.  
**Suitable bulbs:** CCFL.