



## BUYING GUIDE Lamps

### See the Light

When furnishing a space, don't underestimate the impact of lighting. Get it right and there will be comfort, productivity and energy efficiency. Get it wrong and you'll see fatigue, general malaise and a waste of resources. Getting it right is easy once you determine your needs in terms of light technology, lighting and lamps.

Technology	Bulb Life (hours)	Color Temperature	Light Output	Energy Info	Benefits	Ideal For
Incandescent	200-1,200	Warm—brings out reds, yellows, earth tones	High	High wattage	Improves color definition, lowers glare, increases visual sharpness	Ambient lighting
High-Intensity	500-1,500	Warm—brings out reds, yellows, earth tones	Bright—equivalent to larger incandescent	Energy-efficient. Provides more light with lower wattage than incandescent.	Improves color definition	Compact size desk lamp
Halogen	1,000-2,000	Warm—colors appear crisper and cleaner than incandescent	Bright—lessens glare	Energy-efficient. Provides more light with lower wattage than incandescent.	Shadowless light, helps prevent eyestrain	Ambient, task, accent
Fluorescent	Up to 10,000	Cool	Brighter than incandescent	More efficient than an incandescent of the same wattage	Spreads light throughout a space more completely than incandescent	Large scale task
Full-Spectrum	Up to 10,000	Warm—emulates natural daylight and offers sharper contrast	Brighter, whiter light than others	75% more efficient than incandescent lighting	True-to-life color representation, no glare, no eyestrain	Task, detail work, crafts, reading
CFLs (Compact Fluorescent Bulbs)	6,000 to 15,000	Warm—brings out reds, yellows, earth tones	Equivalent to incandescent	Energy efficient. Uses 60%-80% less energy than incandescents.	Compact size, screws into standard lamp sockets	Ambient lighting

**LIGHTING** — A smart design includes ambient, task and accent lighting.

**Ambient Lighting** Offers overall illumination. It provides an area with a comfortable level of brightness so you can easily see.

HOW TO GET IT: Overhead fluorescents, chandeliers, ceiling or wall-mounted fixtures or outdoor fixtures.

**Task Lighting** Illuminates the task at hand, be it reading, writing, drawing, computing or handiwork.

HOW TO GET IT: Recessed and track fixtures, pendants, high-intensity desk lamps and under-cabinet fixtures.

**Accent Lighting** Puts light right where you want it in order to add drama and visual interest. Use it to direct attention to prized possessions or to spotlight paintings or architectural details. (Accent lighting requires at least three times as much light on the focal point as the general lighting around it).

HOW TO GET IT: Track lights (concealed, surface-mounted or suspended). Recessed fixtures with adjustable lamp holders offer flexible, unobtrusive directional lighting...ideal for spotlighting.

**LAMPS** — Once you determine how the overall ambient lighting in your office works for you, you can fine-tune the illumination of your personal workspace with lamps. In addition to styles, finishes, heights and colors, consider these functional features:

- **Data Ports** Handy ports in the base of a desk lamp let you connect your computer or laptop.
- **Three-Way Switch** Lets you use two or more on/off switches, such as a wall switch and the lamp's switch.
- **Height-Adjustable** Allows you to move the light source closer or farther away.
- **Gooseneck** Flexible, segmented arm positions the head of the lamp in almost any direction.
- **Swing Arm** Allows the lamp to rotate 360 degrees without moving the base.
- **Dimmer Switch** Allows you to change the intensity of illumination.
- **Magnifier** Provides a magnifying lens as well as illumination.
- **Clip/Clamp-On** Includes a clamp or clip mechanism allowing the lamp to be attached to the edge of a worksurface.

