

# CHECKLIST

Check yourself



## Home-schooling

• Lighting • Products • Tips



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### Desk lighting\*

- Desk sufficiently bright – surroundings not too dark
- Desk position: perpendicular to the window
- Video mode: being seen in the right light
  - uniform illumination, preferably including ceiling illumination
  - avoid stark shadows: no directional spotlights directly above the head
  - no window directly behind
- Sun protection against glare and reflection
- View of outdoors: allow gaze to wander for a while
- Only warm white light in the evening, at least 2 hours before bedtime

### Buying tips

- High quality, long-lasting products
- Save electricity with a daylight control system and presence sensors
- User-friendly operation (switch, dimmer, touch, app, speech)
- Ceiling light: shielded, dimmable \*\*
- Pendant luminaire: shielded, dimmable, with indirect light component\*\*
- Floor-standing luminaire next to desk: shielded, dimmable, with indirect light component\*\*
- Supplementary desk lamp: individually adjustable
- Spotlight or wallwasher for illuminating walls: adjustable

### Recommendations for lighting settings

- Illuminance:** at least 500 lx on work surface – preferably more  
How to check:
  - precise measurement using light meter (lux meter), or approximate measurement using app
  - at multiple points on the desk
- Uniform **illumination** of the work surface
- Pleasantly bright ceiling and walls
- Light direction:
  - avoid annoying shadows
  - light from desk and floor lamps:  
for right-handers from the left – for left-handers from the right
- Avoid **glare** and reflections by:
  - carefully positioning the luminaires
  - using well-shielded or covered light sources
- Light colours:**

Home lighting:	warm white (WW = 2,700 – 3,300 K)
Promotes concentration during the day:	daylight whit (DW = > 5,300 K)
	tunable White (2,700 – 6,500 K)
- Good **colour rendering** ( $\geq R_a$  80)
- Light switches off when no-one present: manually or via sensor

\* The work is conducted on the screen and at the desk

\*\* If sole work area luminaire: luminous flux > 6,000 lm