

How to choose the right lighting inside your home

Lighting in a home serves both practical and aesthetic purposes. It's easy to maneuver around a well-lit home, reducing the risk of slips and falls, and the right lighting can help homeowners create their desired ambiance, which typically changes depending on which room you're in.

When choosing lighting for their homes, homeowners must walk a fine line between appearance and functionality. A fixture in the foyer that instantly impresses visitors likely won't prove as awe-inspiring if it's installed in the living room. When choosing lighting for a home, some general rules about what works in each room can help homeowners make the most informed decision.

KITCHEN

Kitchens are often the busiest room in a home, so lighting here can be especially important. A kitchen often benefits, both practically and aesthetically, from different types of lighting. For example, pendant lighting above kitchen islands can make meal preparation easier and safer, but such lighting likely won't work in breakfast nooks and informal dining areas in the kitchen. Recessed lighting works best in such areas. In kitchens with no island, under-cabinet lighting can be used to illuminate countertops and simplify meal preparation.

FORMAL DINING ROOM

Many people enjoy the look of chandeliers in formal dining rooms, and such fixtures can be installed directly above the dinner table. The interior design experts at Better Homes & Gardens advise hanging chandeliers roughly 33 inches above the table in dining rooms with eight-foot ceilings, adding three inches for each additional foot above eight feet. Darkened dining areas may be ideal in restaurants, but homeowners may want to split the difference at home and choose dimmable chandeliers for their dining rooms. This allows homeowners to dim the lights for romantic dinners but turn them up for family gatherings with lots of people around the table.

LIVING ROOM

Adaptability also is important in the living room, where homeowners may host anything from movie nights to book clubs to parties for the big game. It can be a tall order to accommodate such a wide range of activities, and many homeowners come down to deciding between recessed lighting and track lighting. If the living room currently has neither style, homeowners should recognize that it will cost considerably less to

install track lighting than recessed lighting. Better Homes & Gardens notes that flexible track lighting provides ambient, task or accent lighting, and track lights can even be moved to change lighting schemes at any time, making them a budget-friendly option for homeowners whose living rooms are multi-purpose spaces. Recessed lighting also works well in living rooms, especially ones with low ceilings. That's because recessed lighting is installed into the ceiling, meaning it does not take up any visual space in the room. That can help living rooms feel bigger.

BEDROOM

The home improvement experts at Bob-Vila.com note that bedroom lighting should provide enough light when getting dressed, but also be able to be toned down as residents prepare for their bedtime routines. Both portable and installed lighting can be



used in bedrooms to serve these various functions. Recessed fixtures that dim can ensure there's ample light to get dressed in the morning, but they also can be dimmed at night as residents try to get ready to sleep. Portable nightstand lights can make it easier for couples sharing a bedroom, allowing one person to stay up and read while the other goes to sleep.

Homeowners have many options and many needs when choosing lighting for their homes. A professional consultation with a lighting expert or interior decorator can help homeowners find lights that provide both practical and aesthetic appeal.

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