

# LET THERE BE LIGHT

LOCAL DESIGNERS SHARE ILLUMINATING INSIGHTS ON HOME LIGHTING

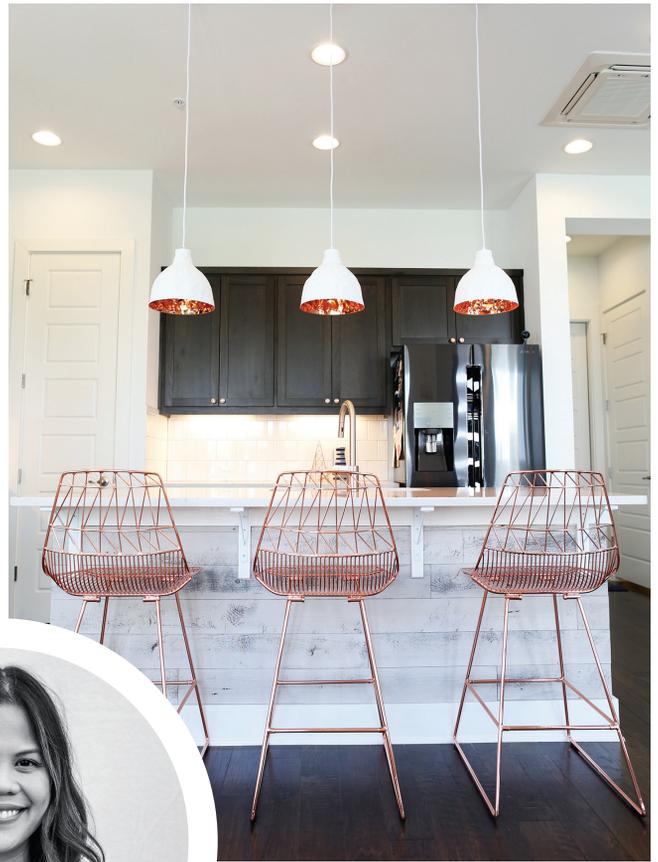
By Cindy Brzostowski

When designing and decorating your home, you might be more focused on picking furniture pieces and color palettes than on what kind of lighting you want in each room. But you'd be remiss not to give the latter its due attention given how crucial a role lighting plays in the look and mood of a space.

So, what do you need to know? We turned to Christine Turknett, principal interior designer at Breathe Design Studio, and Avery Cox, principal at Avery Cox Design, to light the way with their expert insights.



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## The Light Stuff

From a stunning chandelier over your dining table to a small lamp on your bedside table, there are so many home lighting possibilities depending on the appearance, position and purpose you have in mind. To make your decision-making a bit more manageable, you can break lighting up into a few main categories.

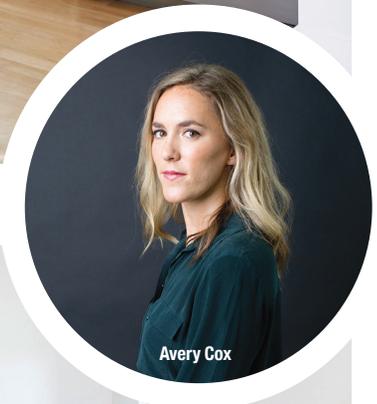
“General lighting or ambient lighting is the primary source of lighting for a room, so consider areas of the home [for that] that have less natural lighting,” Turknett advises. This kind of lighting includes ceiling-mounted fixtures, floor lamps and certain wall-sconce lights.

“Task lighting provides light for a specific task or in a specific area,” she continues. “Especially as you get older, task lighting can be helpful to improve productivity and reduce glare.” Vanity lights in your bathrooms, pendant lights hanging over the kitchen counter and desk lamps all fall into this category.

Decorative lighting is just that. “Decorative lighting can serve as the focal point of a room,” Turknett says. “Center it to the space, whether it’s in your living room or above the dining table, to create symmetry and visual interest.”

You can also consider accent lighting as a way to draw attention to a specific design feature, artwork, plant or other item. >>





Avery Cox



INTERIOR PHOTOGRAPHY BY ANDREA CALO; PORTRAIT BY FAIGE NEWTON

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### ***Putting Things in a Good Light***

Just as different rooms in your home have different functions, they demand different types of lighting. When deciding on the kinds of fixtures to use in certain spaces, Cox says you should consider what time of day the room is usually occupied and what kind of natural light it gets.

“A good rule of thumb is to have options throughout the day and to layer your lighting,” she explains. “In the morning, I like a mix of morning light and 3000K electric light that gets me going on my day. In the evening, I like to tone it down and warm it up to create a cozy feeling and minimize the clinical effect of cool overhead lighting.”

### ***Know Your Place***

If you’re building or remodeling your house, you can use the opportunity to decide on lighting choices and locations right from the get-go. “When architects and builders design spec homes, oftentimes they place recessed ‘can’ lighting in a generic grid on the ceiling because they don’t know who will be using the space or how,” Cox says. “This is such an easy thing to change, though, and those changes will result in a much more dynamic and livable space.”

Rather than falling victim to what Cox refers to as the “four-cans-in-a-square” syndrome, she suggests strategically placing recessed cans where you want or need light, such as in passageways, to light countertops or other surfaces, to wash walls in soft ambient light or to spotlight art.

Another placement tip from Cox: Place ambient, mid-level light fixtures throughout the house, but especially in corners. “Using these helps to create a cozy, even light that eliminates ‘caves’ as I like to call them,” she says. “These fixtures should allow the light to be directed up and down, which is the effect you get from a standard lampshade.”

### ***Your Light-Bulb Moment***

You can’t talk lighting without talking bulbs. Turknett recommends dimmable Wi-Fi or smart LED bulbs for greater control and the ability to set a mood. Then for bathrooms, closets and other areas where you want a more natural light environment, GE Reveal bulbs are her favorite.

Cox is another big fan of the dimmer. “Purchase lighting that has dimmers built-in, and add them to as much hardwired lighting as you can,” she suggests. “This gives you much more control and will allow you to enjoy your space with minimal effort and maximum comfort throughout the day.”

When picking your bulbs, don’t forget about the light temperature. “Bright white or intense cool colors can have a sterilizing effect on your design,” Turknett says. “Diffusion of light is key to softening hard lines and shadows.”

Cox’s go-to temperature for in-home lighting: 2700K to 3000K.

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