

Dos & Don'ts

Light up your bedroom and avoid easy mistakes by following a few simple rules

DO...

- ✓ Try to place your lighting symmetrically to create a balanced look even when the lights aren't in use.
- ✓ Install dimmer switches for greater flexibility when using your lighting.
- ✓ Layer your lighting – different levels create a more rounded effect, making the room seem less flat.
- ✓ Try out the switches on bedside lighting before you buy – you don't want a tricky switch to tackle when you're about to go to sleep.
- ✓ Choose flexible bedside lighting that can be adjusted to the right height for you whether you're reading sitting up or lying down.
- ✓ Use cool-to-the-touch LED lighting in wardrobes as it provides long-lasting illumination for the interior.

DON'T...

- ✗ Choose dark lampshades for task lighting – a light-coloured shade will maximise the light cast.
- ✗ Use halogen lights in a bedroom. They can throw harsh light over the space.
- ✗ Light your dressing table from above or below as it causes shadows on your face.
- ✗ Hang a pendant light too low. If you want it low, position it over the bed so that you don't walk into it.



Case study



The designer: Almas Shamsee of Maisha Design.

The client: A city professional with very limited time who wanted a full turnkey service.

Location: Shad Thames, London.

Brief: The property is a large one-bedroom, one-bathroom flat. The client requested a full reconfiguration to convert it into a two-bedroom, two-bathroom flat.

Cost: £120,000 for the whole project.

"The flat is in a converted warehouse so has lots of character, but being an older building it also presented lots of issues. The bedroom had a very industrial feel to it, so the way it was lit was critical to add warmth to the space. We used hidden LED lighting to highlight the brick and the wooden beams. Coming up with a solution to hide the LED strip was a bit of a challenge; in the end we used old timbers removed from another house my builders were working on to create a channel along the ceiling (as it blended with the brick). The end result emits cosy ambience, enhancing, rather than hiding, the original features of the building."

