The LRC has produced a series of brief videos that guide builders, contractors, and homeowners in providing energy efficient, high quality lighting in residences. The video series provides an accessible overview of a number of topics important to residential lighting. The videos complement the LRC’s Lighting Patterns for Homes website, and viewers are guided to the most relevant portion of that website.

Overview of energy efficient lighting for residences. Basic methods of lighting residences including lighting design, light sources, and controls.

Upgrading incandescent bulbs. Where to start, maintaining desired light levels and distribution, base types, and choosing between CFLs and LEDs.

Lighting bathrooms. Tips for providing good lighting at the bathroom mirror.

Lighting bedrooms. Tips for lighting bedrooms for comfort and better sleep quality.

Lighting home offices. Tips for saving energy while providing adequate illumination on desks.

Lighting kitchens. Tips for lighting kitchens, such as locating the lighting to avoid shadows on work areas.

Light bulbs. Types of light bulbs used in residences including A-shape, globe, decorative, BR, PAR, and MR-16 bulbs.

Light fixtures. Types of light fixtures used in residences including ceiling mounted diffusers, pendants, plug-in lamps, recessed downlights, sconces, vanity lights, track lights, under-cabinet lights, and architecturally-integrated lighting.

Cautions when upgrading lighting in residences. How to avoid problems that can lead to dissatisfaction with lighting.

Caution #4: Glare. Avoid exposed light sources. Solution: Skilled light sources.

Economic calculations. Calculating the initial cost, payback period, and average cost of ownership when upgrading lighting.

Lighting living rooms. Tips for lighting living rooms, where aesthetics can be of greater concern than in many other rooms.

Lighting bedrooms. Tips for lighting bedrooms for comfort and better sleep quality.

Sponsor
New York State Energy Research and Development Authority (NYSERDA)

The videos are available for streaming at http://www.lrc.rpi.edu/patternbook/videos.asp

How to use the Lighting Patterns for Homes website. An overview of how to make the most use of this online resource.