

Empower Minds.
Strengthen Bodies.
Inspire Creativity.

LED lighting/bulbs are a relatively new arrival on the lighting scene. There are many advantages of replacing your current incandescent light bulb or CFL bulb with LED bulbs.

These include:

- The bulbs turn on instantly and you do not need to wait for them to reach their maximal brightness.
- They admit a brighter white light than traditional light bulbs and unlike traditional light bulbs (even CFL's), LED bulbs direct the light in one direction.
- Use up to 75% less energy compared to standard bulbs.
- Last between 15,000-50,000 hours which means they may last for years in fixtures that are difficult to reach.
- Are available in different light spectrum intensities: Warm or soft white, Neutral or cool white and sunlight or daylight.
- Will fit existing lamp/overhead light sockets without modification.
- Do not emit the level of heat of a traditional light bulb.

Brightness of light is measured in lumens. The higher the lumens, the brighter the light will be. The brightness, or lumen levels, of the lights in your home may vary widely, so here's a rule of thumb:

- To replace a 100 watt (W) incandescent bulb, look for a bulb that gives you about 1600 lumens. If you want something dimmer, go for less lumens; if you prefer brighter light, look for more lumens.
- Replace a 75W bulb with an energy-saving bulb that gives you about 1100 lumens
- Replace a 60W bulb with an energy-saving bulb that gives you about 800 lumens
- Replace a 40W bulb with an energy-saving bulb that gives you about 450 lumens (information from energy.gov)

A word of caution, LED lights emit more blue light than conventional light bulbs. Information released from Harvard University states: "Blue wavelengths – which are beneficial during daylight hours because they boost attention, reaction times, and mood – seem to be the most disruptive at night." Blue light is a stimulant, so consumers need to be cognizant to the effect of blue light and the possible "stimulation" effect caused by it. Research is now looking at the possible negative effect to the eye retina blue light exposure has especially for children and light-sensitive people.

The Harvard University article can be found at the following link:
<http://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

