

A modern interior design scene featuring a dark blue wall, a pink tufted sofa, a teal blanket, a gold side table, and abstract art.

# INTERIOR DESIGN TIPS

FOR A WELL-LIT HOME





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# EDITORS' NOTE

With the beginning of Summer, comes that need for renovation and cleaning out all the clutter in our homes. This usually means: home makeover! And we could not be any more advocates of a good home makeover. It is an opportunity to renew our home interiors, master our feng shui and make sure we are following all the right steps in order to make our home feel like... home.

It is no secret that one of the most important aspects in every interior design project is lighting. You can create the most stunning interiors with the most luxurious sideboards, dining tables and sofas, but in the end if the lighting is not right, your home decor will feel like it is missing something. Like it is just not quite there yet.

And we take our lighting very seriously, so we have decided to put together a master list of the best Interior Design Tips for a Well-Lit Home. Here, you will have the chance to get to know all the best tips for each and every one of your rooms. From the hallway to your bedroom, we have got you covered.

Now, make sure to read and follow every one of our 60 tips for a well-lit home, because the excuses for mysteriously dark spaces around your house end today!

*Ana Marta Torre  
Bárbara Faria  
Marta Sá*



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# HALLWAY







### CREATE AN ATMOSPHERE

Your lighting can also affect the aura of your environment. Now you have to decide the kind of atmosphere you want to achieve. To switch from different atmosphere, you can use lights that can be dimmed. Or you can add some wall lights for soft and low-level lighting.





### CHOOSE A HIGHLIGHT

Choose a highlight to your hallway, a special piece that can be the highlight of your space. A lighting piece like this, focus the attention in the lighting and create a good harmony in the interior design.

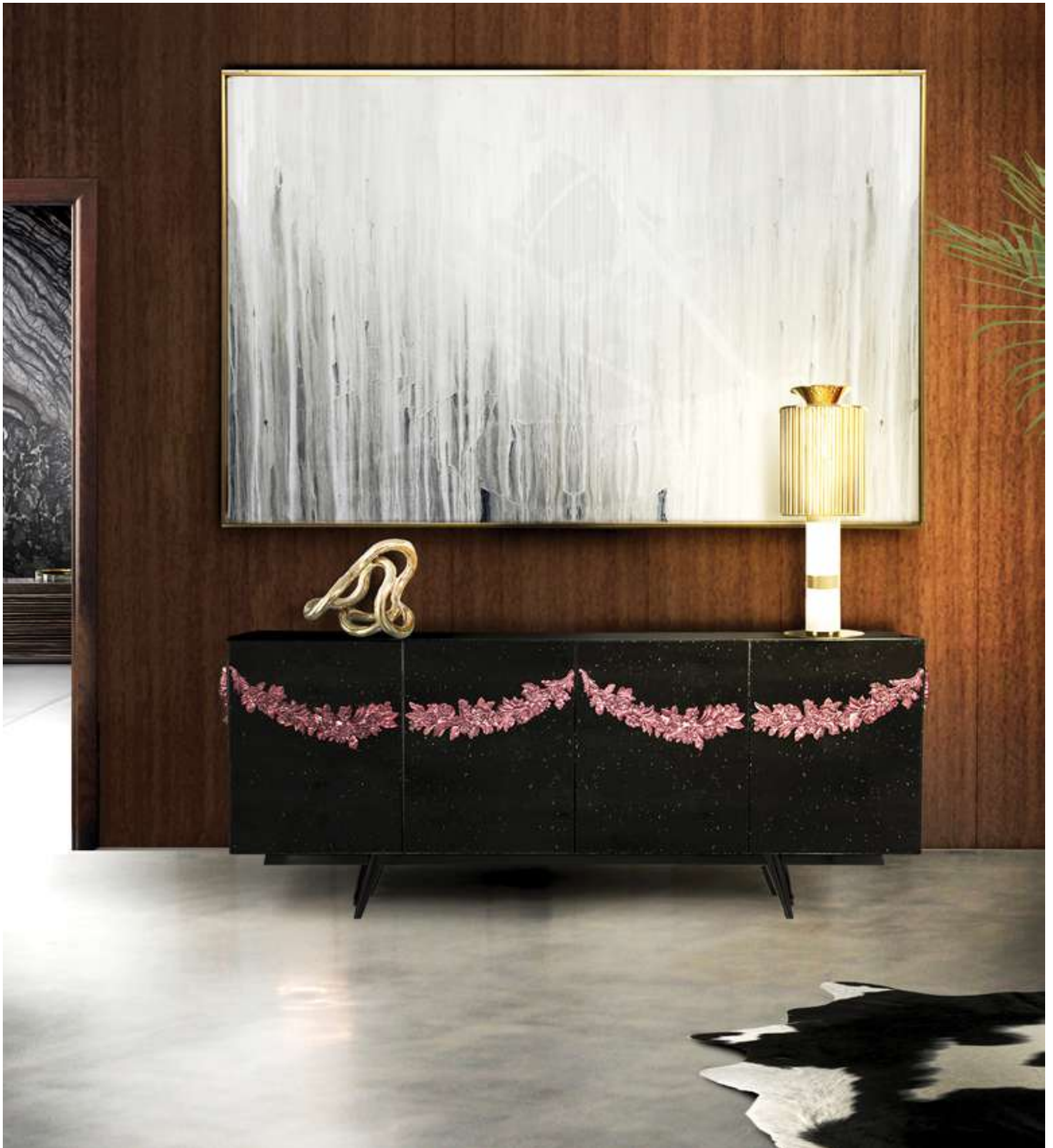




### FUTURE-PROOF YOUR LIGHTING

At first glance, this hall has all the classic ingredients: wall mirror, slim console, wall lamps and a plant. But it's the clever LED lights tucked away in the ceiling that really brighten it up, while the intricate runner adds pattern and detail.





### ILLUMINATE A SPOTLIGHT

If you want to light a particular spotlight, then use track lighting and accent lights that would drive one's attention towards it. It will surely add a different aura to your hallway while giving emphasis to your valuable stuff.





### LIGHT A SPECIFIC AREA

Providing good lighting to your living room will make it look more inviting and could also create a better space for doing different activities at home.





### CHOOSE A SPECIFIC AREA

There could be areas in your home that needs lighting like a hallway. You can be creative in providing light. You can use wall sconces or even lampshades can do the work well. It can also be an added decoration for that area which makes it look beautiful and not boring.





## LIGHTEN UP YOUR HALLWAY

Add glamour and sophistication with a huge chandelier in your hallway. A dramatic ambience suits perfectly in any home decor. Don't automatically assume you should have simple lighting.





## CREATE ILLUSION

eam several points of light for the illusion of a brighter-than-average space. Here, a glass table with shiny metal edges, a large mirror and a variety of lighting, including wall candles, a ceiling lantern and spots, have a glowing effect.





## LIGHTING IS YOUR BEST OPTION

Lighting is the best option that you can choose in your hallway. Use table lamps, wall lamps, suspension lamps, don't fear the lighting design in your home decor, it's always a good idea.





## ENJOY THE DAYLIGHT

Enjoy the added daylight in your hallway. Make sure you consider how to keep daylight from getting too clean and fresh. Every home decor needs a daylight for a good energy.



# LIVING ROOM







### OPTIMIZE DAYLIGHT

Whether you're adding or widening a window, installing a skylight, or just rethinking the windows you have, make sure you consider how to keep daylight from getting too harsh and hot.





### LIGHTING IS THE BEST DECORATION

Make sure that it will suit your interior design and will enhance the entire look of the living room. There are many designs of lightings which you can choose from.





### LIGHT A SPECIFIC AREA

Providing good lighting to your modern living room will make it look more inviting and could also create a better space for doing different activities at home.





### GIVE A SPOTLIGHT

If you want to light a particular artwork, then use track lighting and accent lights that would drive one's attention towards it. You can do this for wall paintings, sculptures and others. It will surely add a different aura to your home while giving emphasis to your valuable stuff.





### FIND THE DIRECTION OF LIGHT

Every lighting fixture gives light to different directions. If you want to light certain dark spot in the living room, you can use a spotlight or you can place a corner table with a lamp shade on top of it.





### CREATE SOME DRAMA

Use accent lights to focus attention on important elements. Find ways to incorporate uplighting, rather than downlighting, for a softer effect.





### CREATE A STYLE IN YOUR LIVING ROOM

While you have an interior design style, you also have to make sure that your lighting will be apt for that style. You should also check on the colors your living room use.





### KNOW YOUR LIVING ROOM

What kind of lighting will you need for that? Knowing how you use a space will let you choose the right lighting.  
Look around your living room.





### CHOOSE HIGH-QUALITY FIXTURES

A well-made light fixture looks better, lasts longer, and gives clearer light, so inspect your fixture's construction the way you would a piece of furniture.





### DECIDE ON LIGHTING COLORS

Lights come in different colors. There are halogen bulbs that can mimic daylight which is good for rooms that cannot get enough sunlight. Tinted bulbs can also give a warm aura to your living room.





TECHNICAL  
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TIPS

**BULBS, CEILING FIXTURES  
AND LIGHTING TECHNIQUES**

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# KITCHEN







## MAKE SURE TO KEEP THE STYLE FLOWING

If you love the mid-century modern style and have decided to decor your home according its guidelines, then make sure to take that into account when decorating your kitchen. Madeleine suspension lamp by DelightFULL is a mid-century lighting design perfect for more relaxed ambiances such as a kitchen. It can be customized to feature different colors and finishes, which will help you to create the right lamp to fit your own needs and vision.





## BREAK THE RULES!

One of the great things about having the ability to create your own home decor is that you get to make your own rules, choose new textures, patterns and play with light. Jackson suspension lamp by DelightFULL would look stunning in a contemporary kitchen, creating a central point where the light would then spread throughout the room.





## SPREAD YOUR LAMPS ACROSS THE ROOM

To enjoy the best lit-up kitchen you can think of, spread your lamps across the room and think about layered light! You can combine recessed lighting with under cabinet lights and your typical suspension and pendant lamps. The room will feel lit up and bright enough to create a comfortable ambience where you can get your hands to work.

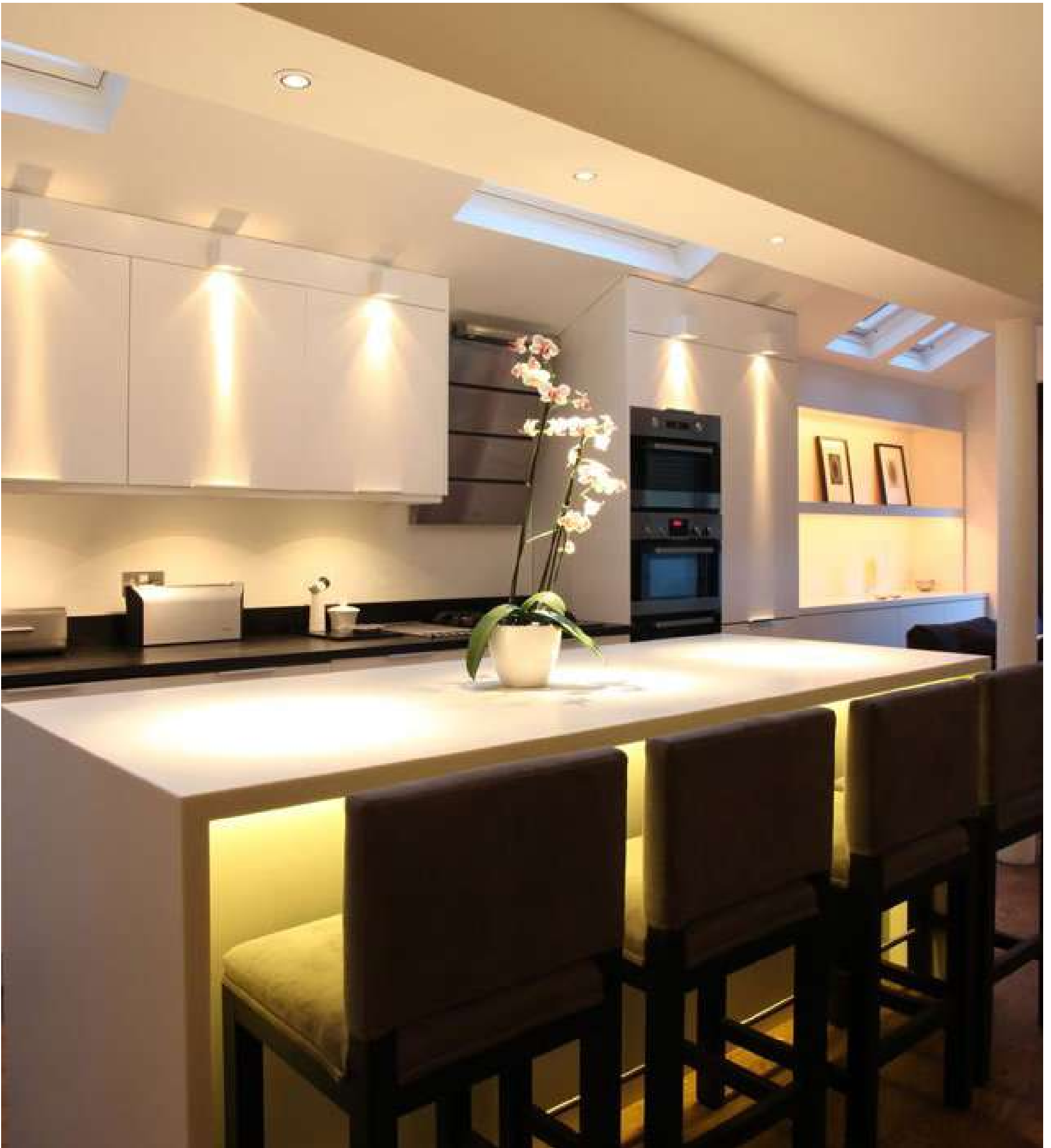




## DON'T BE AFRAID TO BE UNIQUE

The best way to bring not a little bit of fun and uniqueness into your kitchen design is not by always being safe and choosing the obvious lamps. We suggest that you go for pieces which will bring a feeling of statement and luxury when it comes to suspension lamps. You can go for more vintage pieces, classic chandeliers or, as we like it best, bespoke mid-century lamps!





## KEEP YOUR LIGHT WHERE YOU WORK

The key to having a proper bright kitchen is to keep your light and your lamps just above your work station. You should try to install your fixtures directly above your sink, kitchen counter or kitchen island. This way, wherever you are working or preparing your meals, you will never feel like you are doing so in a somewhat dark corner. Recessed lighting fixtures can quickly become your best friends if you're planning a minimalist and contemporary kitchen.





## SHED SOME LIGHT ON YOUR ART WORK

Although kitchens are probably the most functional rooms in any home, that doesn't mean we can't give them a little bit more color by selecting a few art work pieces or creating different focal points away from the sink. Use task light to create these different focal points, thus building a more harmonious kitchen decor, with a sense of continuity. You can use a small wall lamp to light up that shelf that is way too dark.





## START YOUR DESIGN PROCESS WITH LIGHTING

The best way to ensure you will have a well lit kitchen is to start your interior design project by selecting and deciding which spaces will have a lighting fixture. This will help ensure you install the right appliances, cabinets and counters under the right spotlights. You should also take into consideration which is the best color temperature for your kitchen decor, avoiding to use warm colors in all-white kitchens, for example.





## USE DIFFERENT TYPES OF LIGHTING DESIGNS

A kitchen is a space where family comes together, where we end up working at the end of the day, and where sometimes our kids come to study, because it is usually a brighter space. However, keeping in mind that it is also a space for you to prepare your meals, you should try to embrace both these features and install different lighting designs across the room. You can mix mid-century designs with contemporary, or even more vintage industrial fixtures.





## USE WALL LAMPS ON YOUR COUNTER

Using wall lamps instead of suspension or ceiling lamps will help you to get rid of all the shades that might appear when you are cooking in your counter or in your stove. You can place them in your backsplash for a soothing glaze that will give you a clear vision of what you are working on. Under cabinet lighting is also a good option if you can't find a way to place LED's on your backsplash. In the photo you can see how LED's were placed under the cabinets for a brighter look on the counter.





## ENJOY THE GIFT OF DAYLIGHT

If you are lucky enough to have one or more windows in your kitchen open your curtains and let the sun shine in your kitchen. It will create a beautiful lighting effect at the same time it cozies up your home. You can help to maintain this stunning glow with a warm copper lighting fixture, which features a nice and warm glow much like the sunlight that you will be enjoying.



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# DINING ROOM



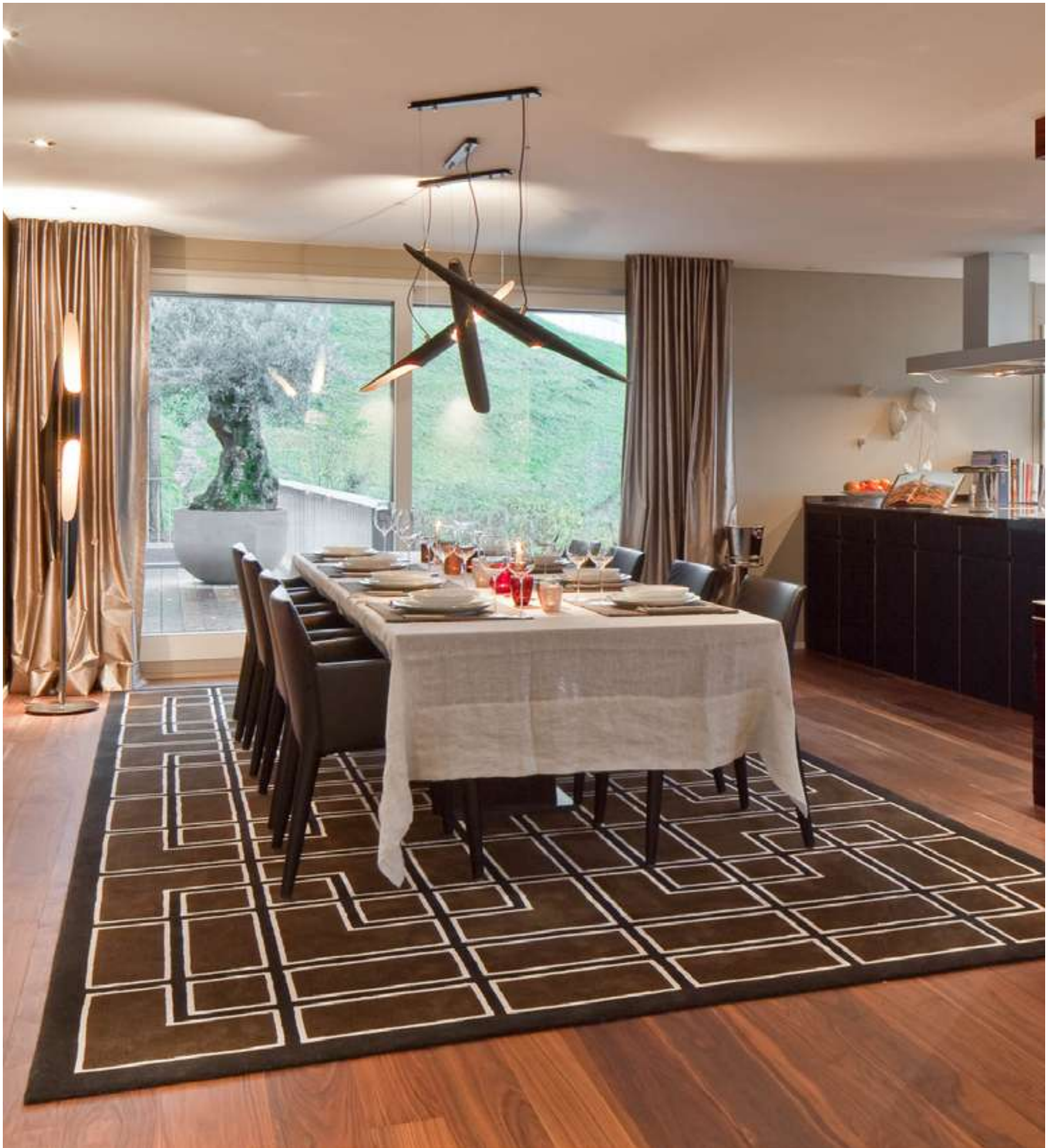




## USE A LARGE SUSPENSION LAMP OVER A SMALL TABLE

When choosing the right lamps for your dining room you have to think big, and you have to think statement. You have to go big and create that wow factor. And if you are not sure which lighting design to choose, then think 'the bigger, the better'. This will work exceptionally well if your dining table is small, because it will create an undeniable contrast.





## USE MULTIPLE PENDANT LAMPS

If you are not sold on the idea of using an oversized, statement suspension lamp or chandelier, you can always go for the trendy idea of using multiple pendant lamps. Using an uneven number of pendant lamps above your dining table will help you to create several spotlights. This look will work even better with long, rectangular tables, where you can install your lighting designs all in a row, creating a modern and sleek look!





## FOCUS YOUR LIGHTING AROUND YOUR TABLE

One of the most important things when lighting up a dining room is to create the right atmosphere around your dining table. In the end, that is what really matters because that is where you will be hosting your friends and family, and it is the spot that will inevitably be in the spotlight. The lamps should usually be installed somewhat low, in order to create the right ambience. So, make sure to choose the proper lighting design and don't be afraid to invest in a statement piece. Our suggestion? A timeless mid-century suspension lamp.





## USE YOUR LAMPS TO DEMARCATATE YOUR DINING AREA

If your dining area happens to be set in an open plan space, then one of the best ways to demarcate your dining room area is by using light. A large pendant lamp over your dining table can immediately create a different atmosphere and differentiate this dining area from the rest of your open plan space, whether that is a kitchen or a living room.





## USE DIMMERS OR SMART LIGHTING TO CONTROL THE MOOD

If you are willing to invest on a pair of smart light bulbs or install a couple of dimmers in your dining room, you can control the amount of light that floods your space. If you're having a party for your kids, you can make sure to light them all the way up, but if you're having a nice soirée with friends, you might want to turn it down to a low-level warm light. This creates a more intimate atmosphere, perfect for entertainment nights!





## MAKE A STATEMENT

Because lighting is something that you inevitably have to have in your dining room, this does give you the chance to play a little more with it and be a little more creative. A dining room pretty much lives or dies of the lighting designs chosen for it, they can either make it or break it. So, make sure to set the right ambience with a powerful and bold lighting design. This doesn't necessarily mean something huge. You can choose a smaller and unique lamp, and still create that statement look.





## EMBRACE THE WONDERS OF LAYERED LIGHTING

If dimmers are not really your thing, you can always choose to play with lighting in another creative way: layered lighting. This means that you get to use not only suspension lamps, but also wall fixtures and even table lamps! There will be times when you don't need all that glaring light, and other times when too little light just becomes too intimate. By using layered light, you can play with these aspects and create the perfect ambience for your dining room.





## GO WITH UNIQUE FLOOR LAMPS

If you are tired of using the same old ceiling lamps above your dining table, you can change things up a bit by investing in a classic mid-century floor lamp. How will that work? You can go with a minimalist arc floor lamp, and it will immediately light up your whole dining area. This is a great way to try something new and get a singular look for your home.





## CHOOSE THE RIGHT WATTAGE

Being aware of the right wattage for your dining area is essential to create the right atmosphere. This does require a bit of math, but by the end of it, you will have a perfectly lit dining room where every one of your guests will feel welcome. To get the right wattage for your room, you simply have to multiply the width by the length of the room and then, multiply that number by 40. For example, if your room is 15' x 20' = 300. Then, 300 x 40 = 12,000 lumens.





## EMBRACE THE GIFT OF DAYLIGHT

Our last tip for a well-lit dining room had to be connected with the least expensive type of lighting... daylight! The best way to enjoy the wonders of daylight is by setting up your dining area near your windows. This will create a more enjoyable atmosphere, perfect for summer dinner parties, and you won't have to be concerned about indoor lighting until late in the evening!



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# BEDROOM







## READING LAMPS

If you're a serious book lover, you should opt for a swing-arm task light. Your reading lamp should be adjustable both vertically and horizontally. Portable reading lights are a great option for a maximum flexibility. Make sure you pick a shade with a light tone if you choose a table lamp as reading light.





## WARDROBE LIGHTING

Wardrobes need good lighting. Dark closets can be frustrating at the best of times, so one of the things lighting experts favor is LED lighting, since they provide lots of light. Besides, they're cooler, save energy and can be concealed behind the header of door.

Photo © 2016 • Home Decor and Design Cool.





## CHILDREN'S LIGHTING IS IMPORTANT

Most of the times we forget that children's lighting is important. For the little ones that are afraid of the dark, you should consider night-lights and soft glow wall sconces. Another detail you should pay attention to, is the overhead lighting that should not be directional into their eyes to produce squinting or a glare. You can also match bedding, décor and lampshades together for a pulled together yet functional look.





## ACCENT LIGHTING

Soft accent lighting is key to setting the tone in your bedroom, whether it's to create a romantic atmosphere or for a relaxing evening. Therefore, our advice is to install a dimmer switch with different settings or add decorative lights like fairy lights, corner up-lighters or candles. These are quick and easy options to set the scene.





## TASK LIGHTS

First of all, you should think of the things you do in your bedroom. If you have a home office or a dressing room, what you need is a good, specific lighting. For a workspace, we advise a directional table lamp, but for putting on make-up or blow-drying hair wall sconces and floor lamps are the best choice.





## LIGHTING AS DECORATIVE PIECES

Lighting can be used as a stylish accessory and should be a statement of your personal style. For example, if you have an industrial style bedroom, you should carry that design through in your lighting, in order for your bedroom to flow. However, don't forget that your bedroom should also bring you peace and relaxation, so you might also want to have an ambiance that you'll find calming and enjoyable





## NATURAL LIGHTING

Natural lighting is a huge part of your lighting design. You should make the most of any natural light in your bedroom by allowing as much light as possible to filter during the day. In this case, it's necessary to take into account your curtains. If you have voluminous curtains you can tie them back, but you can also use a simple net curtain that will certainly diffuse light for a softer effect.

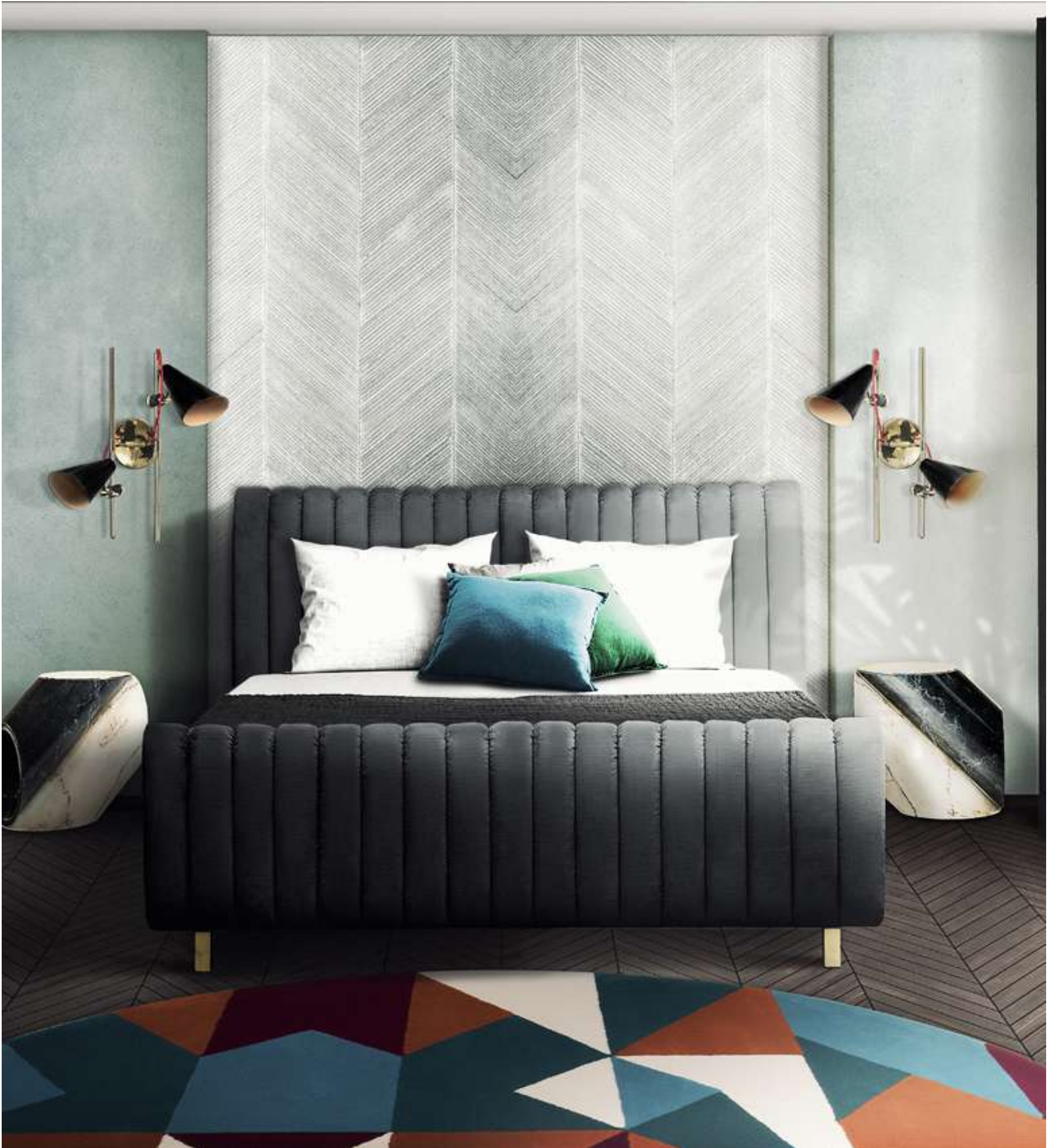




## LIGHT BULBS

There is a massive choice of light bulbs to pick from with different shapes, sizes and intensities. So, remember that the bulb you choose created different effects. For example, decorative filament bulbs provide a retro vibe while halogens provide a bright, crisp and sharp light. A low wattage bulb is perfect for a warm yellowish glow.





## LIGHT SWITCHES

You should pay attention to little things, so when planning your lighting design you should ensure that your light switches are perfectly positioned. So, do not forget to install light switches beside your bedside for maximum convenience, there is no need to get out of bed to switch off the light.





## CEILING LIGHT

A central ceiling light is ideal for general everyday tasks and for an all-round glow. In order to avoid too harsh an effect, go for a light colored shade and a low-watt bulb. If you want to update your bedroom ceiling fixture and add a truly contemporary look, you can replace your fixture with a track or recessed lighting.





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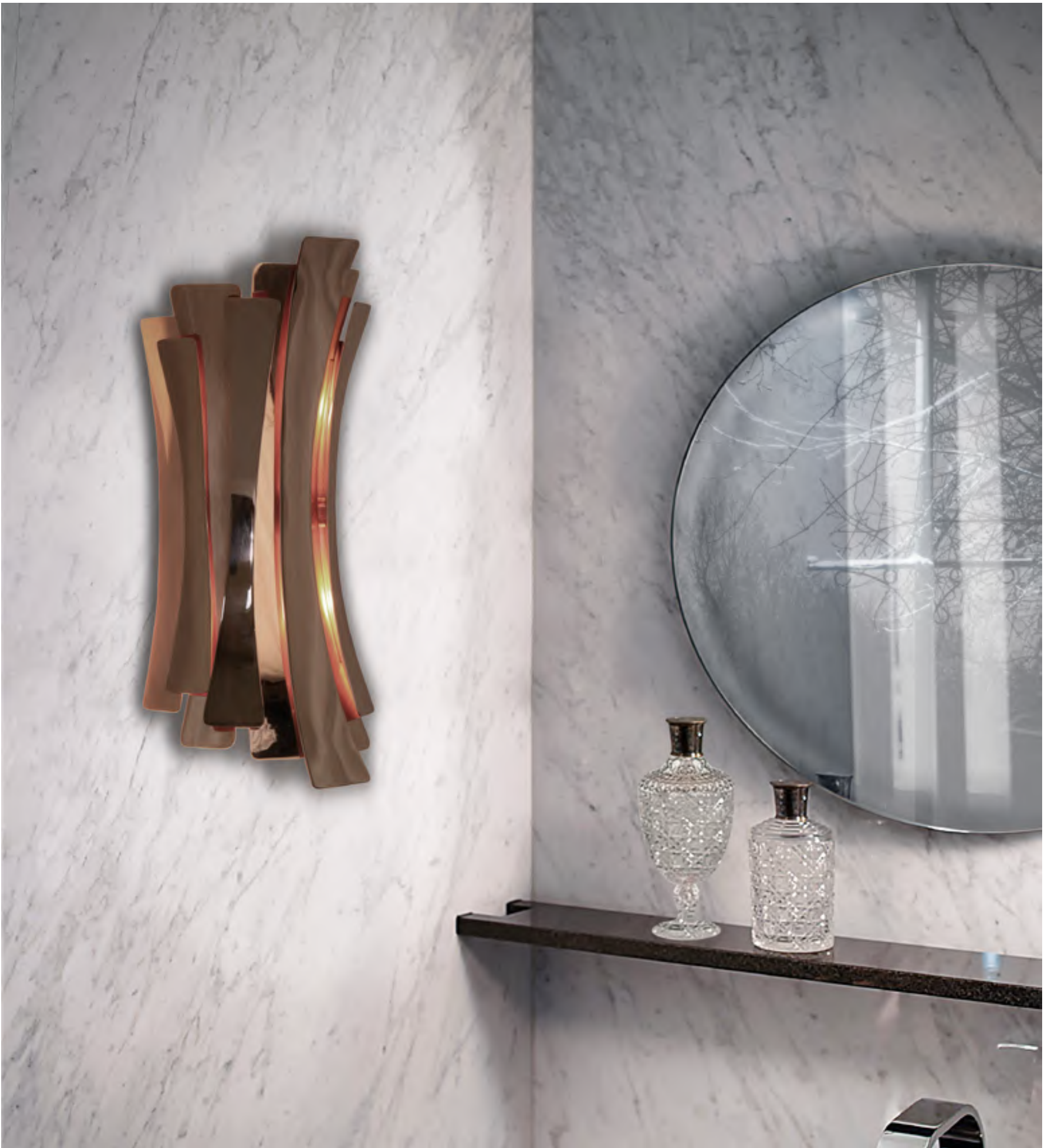


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# BATHROOM







## SAFETY

One thing that you can't forget is safety. When it comes to lighting design in your bathroom, you should always take into consideration that water and electricity aren't good partners. Also, ensure your fixtures are rated for areas with increased moisture. So, always be careful and consult the experts.





## AMBIENCE LIGHTING

If your bathroom has tall ceilings or cantilever details, you can install ambient lighting using pendant fixtures with a luminous shade. You can also use cove lighting that could add a soft glow in the room.





## NATURAL LIGHT

Natural light is the best possible light for brightening your mood. It's ideal to design a bathroom with as much natural light as possible, since the true color of your face, makeup and hair is best represented in the daylight. In addition, a carefully placed window or skylight will add volumes of daylight to your bathroom, provide added ventilation, and help to reduce power usage.





## BATH AND SHOWER LIGHTING

Having spotlights fitted to the inside of your bath or shower can totally transform the experience and create a relaxed and personalized atmosphere to your bathing enjoyment. There are many clever [lighting options](#) nowadays that you can add to your [shower lighting](#) and that can transform your ordinary bathroom into a multisensory sanctuary. How about a [multi-colour changing LED](#) rain shower head?





## ACCENT LIGHTING

Add drama to the bathroom with accent lights. A small recessed spotlight will create focus point on pieces of art, decorative features, nice tilework or fixtures. Strip lighting or night light recessed accent light that emit low-level lighting and illuminate path toward the bathroom. Besides, they can be placed behind or under vanity mirrors to make a statement focal piece.





## DECORATIVE LIGHTING

If your bathroom has a square shaped then you should use a single pendant. However, if it has a rectangular shape, then you should install two to three fixtures installed along the ceiling plane for a perfect illumination. If you want to set a romantic tone, candles, small chandeliers and semi-flush ceiling lighting can set the relaxing mood you need, offering a wonderful sparkle to your bathroom.





## LAYERS

Think in layers. Think of the tasks you have in different areas of your bathroom, like bathing, applying makeup and selecting clothes. It might be required to add direct lighting in those areas for increased visibility.





## LIGHT BULBS

If you go for incandescent bulbs, choose between 2700K and 3000K. These bulbs emit warm soft lighting and are most often used for ambient lighting. The newest compact fluorescent bulbs also offer good color rendering and can last 10 times as long. However, LED bulbs have become viable options for bathroom lighting and are best used for task lighting and accent lighting.





## TASK LIGHTING

Task lighting is very important for your bathroom lighting. A more specialized lighting at the mirror is essential, so we recommend you to use a pair of sconces in order to create the best scenario for shaving and tooth care. However, don't forget to avoid adding a light above the mirror; it will cast shadows on your face.





## VANITY LIGHTING

For every single activity in front of the bathroom mirror in order to eliminate shadows under the chin, eyes and cheeks, you should use fixtures mounted on either side at the user's eye level or about 66 inches above the floor. For a light above the mirror, mount it about 78 inches off the floor.



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