HAMELIN

LIGHTING GUIDE

UNILUX

Kelvin – the colour temperature

The colour temperature of light – whether we experience it as warm or cold – is measured in Kelvins (K) and indicates the colour of a light source.

The picture illustrates the colour temperature of light ranging from 1,000 to 10,000 K.

It is important to choose the right light source based on the light's intended purpose. Whether the light is required for work purposes, background lighting or to create cosiness it is an important factor to consider when choosing the correct light temperature.

Directions for use:	Light colour:	Kelvin:
Indoors, residential	Warm white	Below 3,300 K
Indoors, office/industrial	Neutral white	3,300 – 5,300 K
Outdoor lighting	Cool white	Above 5,300 K

Symmetrical and **asymmetrical** lighting

In work situations where light is important for your well-being – and thus your job satisfaction and effectiveness – we distinguish between symmetrical and asymmetrical lighting.

Asymmetrical lighting
If your primary work tool is a computer, you need a lamp with asymmetrical lighting. The light is angled using advanced reflectors to prevent annoying reflections and unpleasant glare.

Symmetrical lighting
A work lamp with a symmetrical beam distributes the light evenly on the work surface. This can be an advantage, for example, at conference tables, in shops, at work stations where manual work is done etc.

Lumens and Watts

In addition to the correct placement of light and the right colour temperature, it is also important to ensure that there is enough light. Choose the right amount of light for each situation.

Lumens are a measurement of light output – that is, how much light is emitted from the light source.
Watts are a measurement of the light source's energy consumption – whether it consumes a small or large amount of energy. In the table below you can see the relationship between Lumens and Watts, and which values are appropriate for which situations.

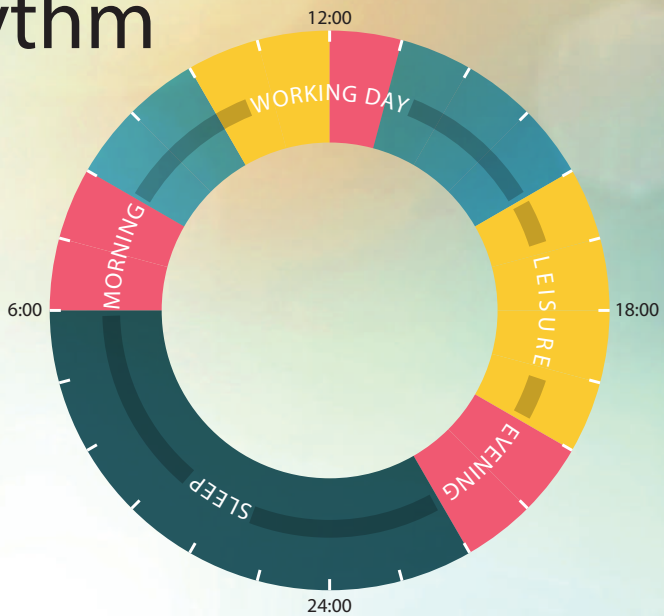
Light bulb Watts	**Energy-saving bulb** Watts	**LED light source** Watts	Lumens	**Typical applications:**
200	26	22	1600	Industry, outdoor etc.
100	26	22	1600	Industry etc.
75	23	20	1100	Office etc.
60	15	12	800	Residential, etc.
40	11	9	450	Residential, mood lighting

The importance of light for your **circadian rhythm**

Light affects us, our performance and our well-being. In the modern world, we spend 90% of our time indoors, and therefore we lack the important daylight that serves to adjust and calibrate our internal biological clock. This disrupts our circadian rhythm, which is important for our well-being, our performance and our physical and mental health.

Modern 'smart' lamps can help you to achieve a natural light progression throughout your workday so that you have a sense of well-being all day long.

The pictogram shows a typical day and the optimal type of lighting to be working with.



WARM LIGHT	2,700 K	Relaxing, reading, meals, etc.
NEUTRAL LIGHT	3,200-4,200 K	Individual lighting as needed
DYNAMIC LIGHT	5,200 K	Increases concentration and performance

My Unilux – the future of light at your fingertips

Today's office lamps have evolved considerably from the architect lamps of the 1970s. A lamp is not just a source of light – it also has to be 'smart'.
With the My Unilux app you can compose your light progression to perfectly match your own circadian rhythm. It gives you optimum light throughout the day, and you will experience increased efficiency and job satisfaction. At the same time, it reduces the risk of experiencing sleep difficulties, irritability and depression.
The Unilux range of smart lamps is expanding and you will also find lamps with wireless charging, USB connectivity, and more. **Welcome to smart lighting.**

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