



*Triibe*

LIGHTING TIP SHEET

## FLOOR LAMP

A crucial component of interior styling, lighting can completely alter the look of a room and makes a huge impression on how we feel in a space. The challenge with lighting is striking the balance between a functional amount of light for tasks while creating the a comfortable atmosphere. To start, ask yourself the purpose of each room, then combine various light sources at a variety of levels to create the right mood in the environment. Its important to integrate the light fixture with the styling. This lamp ties in with the black accents of the painting and the armchair next to it. It's quirky shape bring interest to the room, as it almost feels like an art piece. Switch on just the floor lamp at nighttime for enough light to be practical but more relaxing than downlighting.







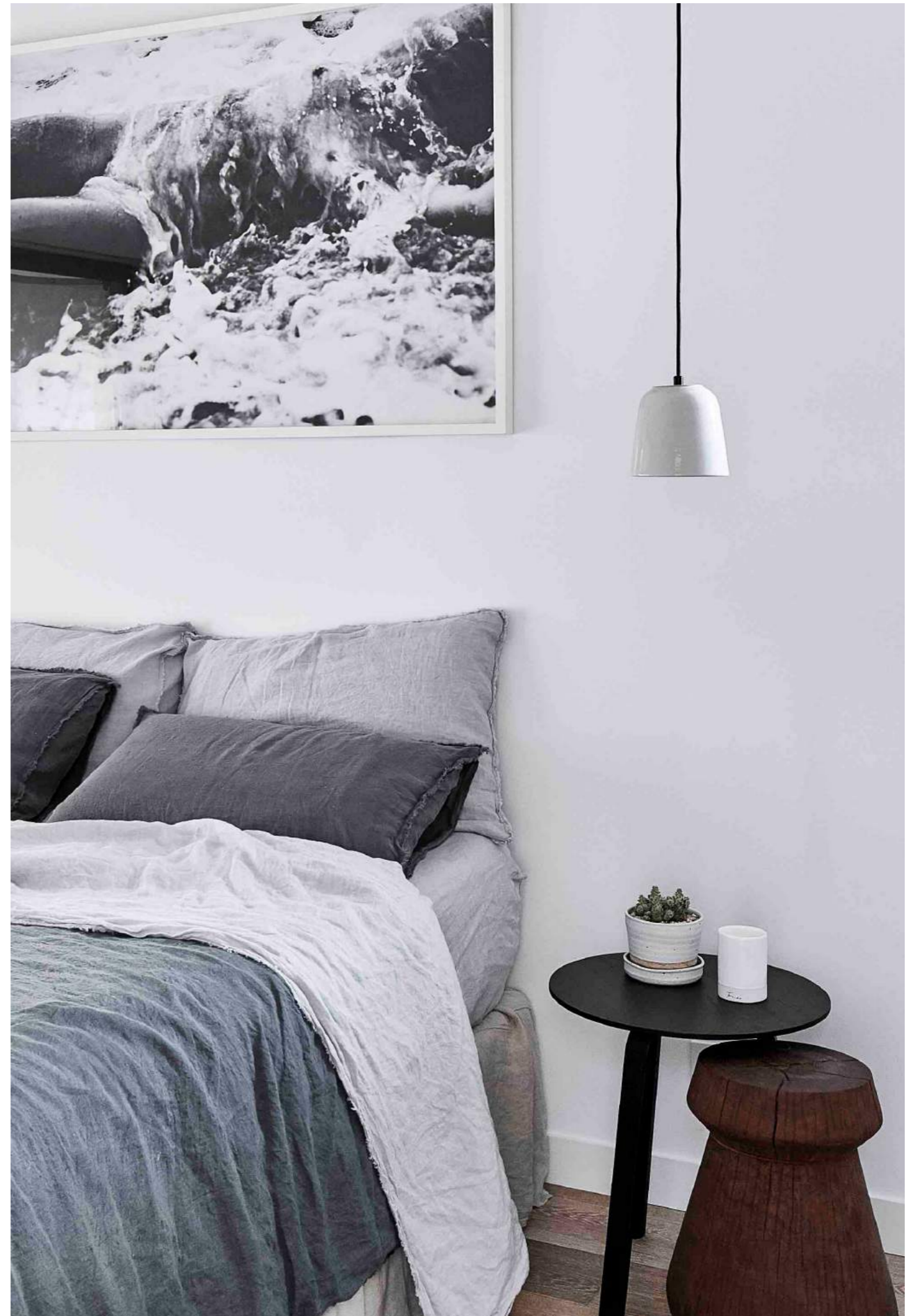
## CEILING LAMP

The lighting solution you choose will be intrinsically linked with the function of your room. It may seem obvious that different lighting is needed for different tasks, but people often overlook the psychological impact of their choices. Much of the lighting psychology research was undertaken by John Flynn in the 70s, who measured people's subjective impressions of a space including spaciousness, visual clarity, privacy, pleasantness and relaxation. Knowing a bit about this means you can tailor your lighting choices to suit both your styling scheme and your brain. In this bedroom scheme, we chose a statement light piece that works with the scale of the room and balances the furniture and roof height. The contrast on the black fitting with whiter, neutral room scheme increases its impact as a focal feature, even when switched off. Higher luminance is linked to a clearer and larger sense of space. To increase spaciousness, look to make lighting brightness consistent throughout the whole room, as here with these two equal windows and a central light piece.



## BEDSIDE LAMP

We love hanging, pendant lights for a bedside option. Make a feature of the hook and cord; here we chose particular shapes to compliment the geometric artwork. A hanging bedside lamp is a great option as it is adjustable and also reduces bedside clutter. When on, the texture of the walls will illuminate too. Choose a warmly toned light fitting for relaxation, brighter if you want to read. A pendant light is a perfect accessory to add a touch of colour into your space. One concern is being surrounded by blue light, emitted by electronics, which have been found to inhibit the production of your sleep-inducing hormone melatonin. This makes it harder to rest and disrupts your overall sleep cycle. So be sure to turn off your laptop, tablets and phone at night and in your bedroom for a peaceful nights slumber.





## ATMOSPHERE

Light doesn't always have to be directed from the ceiling and walls. There are an abundance of other ways to alter the way a space is lit. Consider making a light fitting a feature in itself and opt for a floor based lamp with soft glow to affect the ambience of a room. Floor lamps create another level relative to other pieces of furniture but also with other directions of light. We chose this pastel blue colour to bring out the blue in the artwork and offset the dark walls. The piece and it's contrasting light and shadow when on add a unique visual interest to the space day or night. For general ceiling lights, select your wattage depending on the space. Remember brightness affects attention and concentration. Most importantly for ceiling lights, keep their position and colour uniform. Wherever possible, add a dimming option so you can manually adjust the light needed. The final but unforgettable touch to any space are candles for their warm, natural glow.

## IMAGES

Floor lamp page:

Plus U Shoot, Styled by We Are Triibe,  
Photography by Ryan Linnegar

Ceiling lamp page:

Nine Homes Video still, Styled by We Are Triibe,  
Photographed by Dave Wheeler

Bedside table page:

Dolan's Bay, Designed by We Are Triibe,  
Photographed by Terence Chin

Atmosphere page:

Photography by We Are Triibe