

Home office lighting tips to boost your wellbeing

Discover how to reduce fatigue, increase your focus and enjoy a better night's sleep with well-thought-out lighting for your home office.

Poor lighting can cause:



Headaches and eye strain



Increased risk of falls, slips and trips

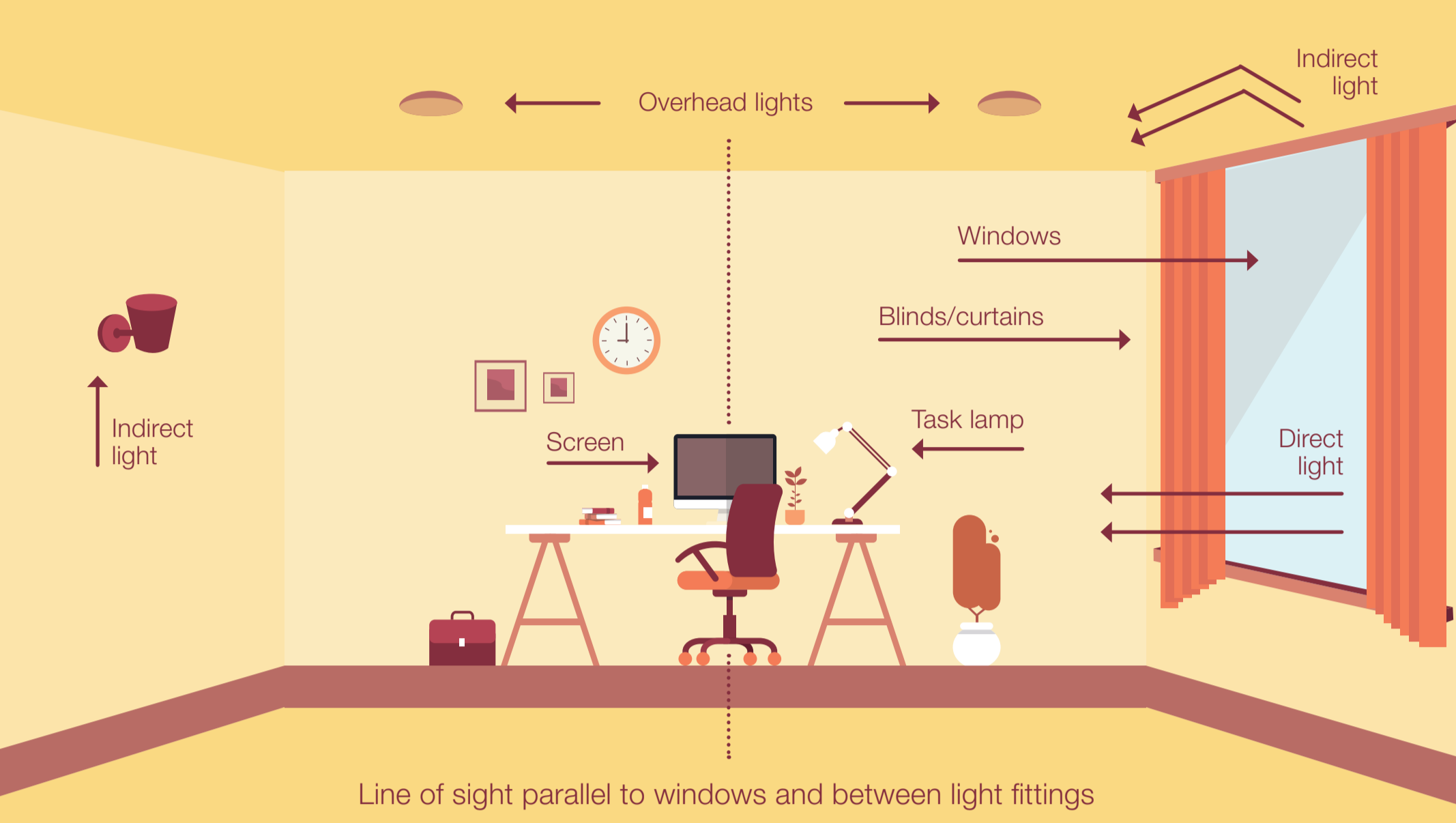


Reduced mental health



Lower productivity

Home office lighting



Top tips to improve your home office lighting

1

Choose somewhere with natural light

- Workers with proximity to natural light experienced an 84% drop in issues such as headaches, eyestrain, and blurred vision.¹
- Improves mood and energy
- Evenly diffused, bright and pleasant
- Nice view, perfect for a break from your screen



X



2

Avoid glare

If light is hitting your screen, it can reflect and cause glare. Sit side-on to light sources and avoid having your back to a window. You can also use monitor arms or an adjustable laptop stand to adjust your screen away from glare.

3

Watch out for shadows

Dark shadows can cause you to strain your eyes to see. If your source of natural light isn't illuminating your space evenly, try adding a desk lamp to your set-up. Use this to supplement and angle light to where you need it.



UnoLamp Table

Shine bright, LED light exactly where you need it.
www.posturite.co.uk/unoLamp-table



Lumi Task Lamp

Helps you focus on fine details and true colours.
www.posturite.co.uk/lumi-task-lamp



Oculamp Reading Lamp

Keeps blue light levels low to preserve your eye health.
www.posturite.co.uk/oculamp-reading-lamp



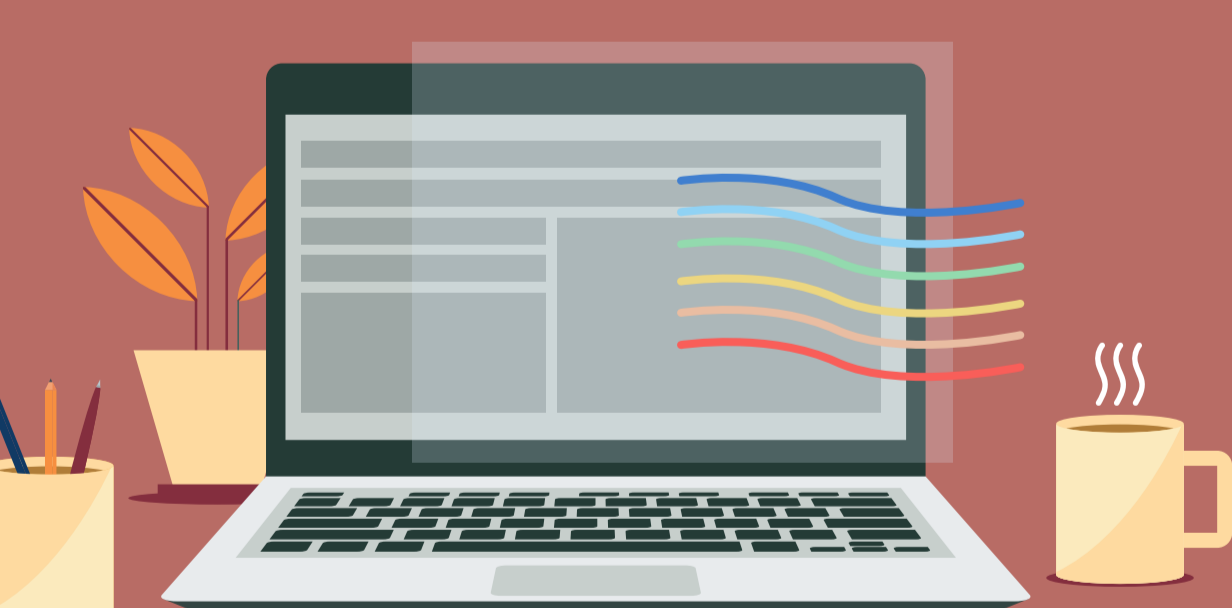
4

Limit blue light

Blue light is found in all light sources, from the sun through to the bulbs in our homes and at work.

Too much blue light can create eye problems and might affect your sleep.

- Blue light filtering products like glasses and screen filters can help reduce exposure
- Limit screen time
- Take plenty of screen breaks



5

Supplement natural light

Scientists theorise a lack of sunlight can affect the production of hormones needed for sleep, mood stabilisation and our internal clock. It can even lead to seasonal affective disorder (SAD).

If natural light isn't an option and you notice symptoms of SAD, you can supplement your natural light with a SAD lamp like the [Buerer TL20](#).

These daylight-simulating lamps only need to be used for an hour or two for you to see the benefits.



What's next?

No matter how perfect your office lighting is, remember to take plenty of moving breaks and look away from your screen for 20 seconds every 20 minutes.

Browse our collection of desk lamps [here](#) for more inspiration.

Research Links

¹<https://www.newdayoffice.com>