advice guide why 3000K

3000k is the ideal choice for artificial light in residential settings. It mimics the daylight that you would want at the times of day when there is no natural daylight.

id you know that a higher colour temperature, such as 4000K (Cool White) will appear to be brighter than 2700K (Extra Warm), but this does not necessarily mean greater detail is achieved as a result. This is because the human eye sees detail by warmer light sources, and you therefore need lower levels of light to see more detail.

To provide an example of this, consider street lighting. Where traditional sodium street lights gives a dim orange light, you can easily see the potholes and details in the road. In contrast some new LED 'daylight' street lighting at 6000K appears to be a bright light source, but in reality, we can see less detail by it.

With this in mind, when approaching your lighting project, you need a balance of brightness and warmth. 2700K gives quite an orange light, similar to the colour from a traditional tungsten lamp. Here you are sacrificing light output for warmth. 4000K is too cool to be cosy. Whilst the light is brighter, colours in the home appear dull, and you lose the ability to easily see detail.

In a residential setting, artificial light has two purposes; firstly to aid with tasks and secondly to provide ambient light to create atmosphere. If we consider that daylight will be present at the times of day when you would want a higher colour temperature, then 3000K is the ideal choice for your lighting.

colour temperature °kelvin

2000K	2700K	3500K	4500K	5500K	6500K	8000K
Sunlight	(Traditional	Sunlight	Sun in early	Summer sun	Summer sun	Average
(Sunrise or	tungsten light	1 hour after	morning and	at noon	(+) sky	summer sun
sunset)	sources)	dawn	late afternoon			(shade)
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