

Ambient Lighting

Ambient lighting is an essential component of a well-designed lighting scheme. It provides a soft and subtle illumination that creates a pleasant atmosphere and enhances the overall aesthetics of a space.

This training guide aims to provide an overview of ambient lighting, considerations for its implementation, and specific examples of its application in different rooms.

Understanding Ambient Lighting:

Ambient lighting refers to secondary lighting that complements the primary task lighting in a room. It typically provides a general, diffused illumination that fills the space, creating a comfortable and inviting environment. Unlike task lighting, which focuses on specific activities, ambient lighting sets the overall mood and ambiance of a room.

Considerations for Adding Ambient Lighting:

When incorporating ambient lighting into your lighting design, consider the following factors:

a. Placement and Purpose:

Decide where you want to place the ambient lighting and consider its intended purpose. Do you want to add softness and texture to the room or highlight specific features? Understanding the purpose will guide you in choosing the right fixtures and locations.



b. Colour Temperature:

Determine the desired colour temperature of your ambient lighting. Consider whether it should match the other lighting in the room for a cohesive look or if you prefer a contrasting effect. Warmer colour temperatures (around 2700-3000K) create a cosy and inviting atmosphere, while cooler temperatures (around 4000-5000K) provide a brighter and more energetic feel.

c. Brightness Level:

Decide on the brightness level you want for your ambient lighting. It should be sufficient to illuminate the space without being overpowering. Balance the brightness of ambient lighting with task lighting, ensuring that task areas have higher illumination levels to promote functionality and depth perception.



Ambient Lighting in Different Rooms:

Here are some examples of ambient lighting placements in various rooms:

Kitchen

Plinth lighting: Installing lights at the bottom of base cabinets or kickboards can create an elegant floating effect and add a soft glow to the floor.

Under worktop lighting: Placing lights under the kitchen countertops provides indirect illumination, enhancing the overall ambient lighting.

Over cabinet lighting: Installing lights on top of cabinets can create a warm glow that softly illuminates the ceiling, adding depth to the room.

Floor lighting: Using floor-level lights can provide a gentle and indirect illumination, particularly in kitchen islands or dining areas.

Around a dropped ceiling: Lighting around a dropped or recessed ceiling can create a visually appealing ambient effect.



Bathroom

Plinth lighting: Placing lights at the base of bathroom fixtures or vanity cabinets can create a subtle glow that adds a touch of elegance.

Soft edge mirror lighting: Installing lights around the edges of mirrors provides even illumination and enhances the ambient lighting in the bathroom.

Floor lighting: Using floor-level lights can create a relaxing atmosphere and add a layer of soft lighting.

Wall lighting away from the mirror/sink: Installing wall lights away from the mirror or sink area can provide indirect ambient lighting and prevent shadows.

Around a dropped ceiling: Lighting around a dropped or recessed ceiling can create a luxurious and spa-like ambiance.

Bedroom

Under bed lighting: Placing lights under the bed frame can create a gentle glow and add a sense of warmth and cosiness.

Wall lighting away from the bed: Installing wall lights or uplights away from the bed area can provide soft and indirect ambient lighting.

Floor lighting: Using floor-level lights can create a soothing and relaxing ambiance in the bedroom.

Around a dropped ceiling: Lighting around a dropped or recessed ceiling can provide a soft and diffused glow, enhancing the overall ambient lighting.



Conclusion:

Ambient lighting plays a crucial role in setting the mood and enhancing the overall atmosphere of a room.