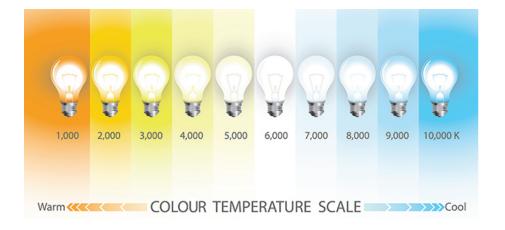
Colour Temperature

When it comes to choosing LED lighting for a room, it's crucial to consider various factors. One of the primary considerations is the colour temperature that best suits the style of the space. This training aid will guide you through the concept of colour temperature and help you make informed decisions.

What is Colour Temperature?

Colour temperature refers to the measure of a light's colour and the impact it has when it illuminates a surface. It is typically measured in Kelvins (K). Lower Kelvin values indicate warmer light temperatures, while higher Kelvin values indicate cooler temperatures.



Lighting comes in a range of colour temperatures, with the most common options being warm white (3000K), natural white (4000K), and daylight (6000K). Additionally, CCT switchable products can transition between 3000K and 6000K, allowing for customisable lighting solutions.

While colour temperature is essential in all rooms, specific considerations apply to different spaces. For instance, bathrooms often benefit from cooler lighting, while bedrooms may benefit from slightly warmer temperatures.

When selecting kitchen lighting, it's crucial to think about how the light will affect your worktops. Certain colours and materials harmonise better with specific temperature ranges. For example, cooler lighting complements darker marble worktops, while warm temperatures enhance the beauty of light to medium shades of wood.



It's essential to consider the overall style of the room when choosing the colour temperature. Traditional designs tend to pair well with warmer lighting, while modern aesthetics favour cooler colours. If you have a room with a blend of modern and traditional elements, natural white lighting often serves as a suitable compromise. No matter your preferences, you can find something that perfectly suits your needs.

