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## Lighting Tips for Your Media Room

Now that football season is underway, is your media room up to the task of hosting fans and providing the best atmosphere for cheering your team to victory. The American Lighting Association (ALA) offers great play-by-play tips to light your media room effectively.

### Reduce Glare on More Than Just Your TV

Brent Protzman, manager of energy information and analytics for Lutron Electronics, says Lutron conducts extensive research to determine how lighting and shading controls influence visual entertainment. Often, people like to check their fantasy football teams or catch highlights on their laptop, tablet or smartphone while still watching the game on TV. Protzman says glare from the amount of daylight can be overwhelming on these devices. The trick is to lower shades and dim overhead lights to make it easier to do tasks.

Joe Rey-Barreau is education consultant for the ALA and an associate professor at the University of Kentucky's School of Interiors and College of Design. Rey-Barreau says, "Using different lighting layers is always the best option for media rooms. A single lighting layer could be fixtures that are of the same type. For example," he explains, "one layer could be recessed lighting in the media room, another layer could be wall sconces, a third layer could be an integrated architectural lighting system such as a cove or niche."

Adding three layers of light, along with dimmers, gives homeowners the maximum level of control with their lighting, which effectively illuminates the room without too much glare.

### Dim the Light to Your Personal Preference

Light fixtures, such as pendants and glass globes tend to create bright spots in a room, which can be problematic for viewing television screens with direct glare and reflections on the glass. To create the perfect viewing atmosphere, Protzman suggests dimming light fixtures to a very low level. Your eyes will be able to quickly adjust and adapt to the changes in light levels.

Protzman says people tend to perceive smaller decreases in light level than what actually changes. This means if you dim a light by what seems to be 30 percent in brightness, you will in fact reducing the light level by as much as 90 percent. Not only do light dimmers allow you to create a media space to your liking, but as an added bonus, they save energy as well.

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