

Lighting Quest

GET EXPERT ADVICE

The lighting specialists at Electrical Supply of Milford can help you compare light sources, choose bulbs and cut your energy costs. While there, be sure to ask for a demonstration on how lighting controls can help create a scheme with multiple uses and effects.

Experience the savings with Lutron the #1 brand with the professionals !



Can Lighting Affect Your MOOD?

Westinghouse ReaLite light bulbs & Verilux are the closest fluorescent & incandescent light bulbs to natural sunlight.

- Reduces Eyestrain & Glare
- Shows True Colors

Reduces the effects of Seasonal Affective Disorder (S.A.D.)

Seasonal Affective Disorder,

or SAD, winter blues, or seasonal depression, is a medical condition caused by the seasonal change in the amount of available sunlight.



- SAD affects as much as 10% of the population.
- SAD is most pronounced in the north, with a greater daylight variance from summer to winter.
- SAD affects women more than men by almost a 3 to 1 ratio.
- SAD's symptoms in its milder form- "winter blues" includes a lack of energy, depression, listlessness, and food cravings for sweets and carbohydrates.
- SAD's more debilitating form includes problems sleeping, change in appetite or weight, loss of memory, lack of concentration, severe depression and confusion.

Verilux Natural Spectrum Lamps Are Here !



Come visit our showroom and check out the variety

of table & floor lamps by Verilux. Verilux brings daylight indoors for the best reading and project light.

Known for their cool to the touch bulbs that provides safe operations

without adding heat to your workspace.

The 27watt bulb produces a 150 watt output that lasts 10,000 hours – more than 10 times the life of traditional bulbs.

Thinking Green.....

Be sure to buy ENERGY STAR



ENERGY STAR qualified CFLs are available in sizes and shapes to fit in almost any fixture.

FYI

CFLs contain a very small amount of mercury sealed within the glass tubing. Many local transfer stations are offering free recycling services for consumers.



- They will save you about \$30 or more in electricity costs over each bulb's lifetime.
- Producing about 75% less heat, they are safer to operate and can cut home cooling costs.
- Visit www.energystar.gov to find the right light bulbs for your fixtures. They are available in sizes and shapes to fit in almost any fixture.
- They provide the greatest savings in fixtures that are on for a long time each day. The best fixtures to use qualified CFLs in are usually found in your family and living rooms, kitchen, dining room, bedrooms, and outdoors.
- Consider purchasing ENERGY STAR qualified fixtures. They are available in many styles including table, desk and floor lamps — and hard-wired options for front porches, dining rooms, bathroom vanity fixtures, and more.
- ENERGY STAR qualified fixtures distribute light more efficiently and evenly than standard fixtures and they deliver convenient features such as dimming on some indoor models.
- Controls such as timers and photo cells save electricity by turning lights off when not in use. Dimmers save electricity when used to lower light levels. Be sure to select products that are compatible with CFL bulbs; not all products work with CFLs.
- When remodeling, look for recessed downlights, or "cans", that are rated for contact with insulation (IC rated).
- Take advantage of daylight by using light-colored, loose-weave curtains on your windows to allow daylight to penetrate the room while preserving privacy. Also, decorate with lighter colors that reflect daylight.
- If you have torchiere fixtures with halogen lamps, consider replacing them with compact fluorescent torchieres. Compact fluorescent torchieres use 60% to 80% less energy and do not get as hot as halogen torchieres.