

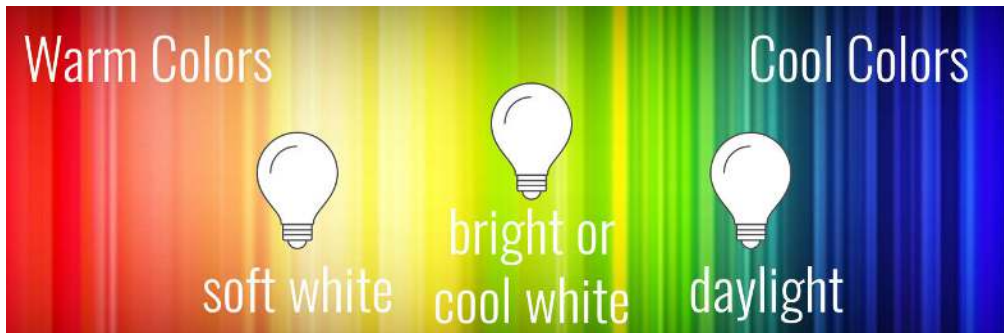
# One Page Lightbulb Guide



## LED Basics

**Kelvins** = temperature. Higher is more blue.

**Lumens** = brightness. Higher number means more light.



## Facts You Need to Know

**LED Bulbs** - Are more energy efficient and generate less heat. They give off more blue light.

**Incandescent Bulbs** - These are the only bulbs that give a full spectrum of light.

**Compact Fluorescent Bulbs** - Don't throw in the trash. These have to be recycled at specific places like Home Depot or Lowes. These contain hazardous materials.

## Where to use each type of bulb

**Bedroom** - use soft white for a cozy feeling

**Bathroom** - use cool or bright white, for more light

**Kitchen** - use cool or bright white, for more light

**Living room** - use soft white for a cozy feeling

**Avoid daylight LED bulbs, too blue**

