

# Buyer's guide

## Choosing lighting for your home

Installing energy efficient lighting can reduce your energy bills. Recent improvements in technology mean that you can now get much better performance – including immediate switch-on and warmer glows – than you could a few years ago. If you had a bad experience previously why not try one of the newer LED bulbs? There are energy efficient light bulbs that are suitable for all shapes and sizes of fitting.



### Did you know?

Lighting accounts for 14% of a typical household's electricity bill.

Replacing halogen down lighters with LED alternatives will typically save around £30 per year.



Estimated savings and costs quoted are based on a family of 4 sharing a 3 bedroom semi-detached home (Energy Saving Trust, April 2016).

For expert and impartial free advice on reducing your fuel bills, saving energy and making your home more comfortable visit [energysavingtrust.org.uk](http://energysavingtrust.org.uk) or call: England and Wales - The Energy Saving Advice Service on 0300123 1234 (charged as a national rate call). Scotland - Scottish Government's Home Energy Scotland hotline on 0808 808 2282 (calls are free).

### Myth busting

Q. Does turning lights off and on use more energy than keeping them on?

A. No, it is true that compact fluorescent light bulbs (CFL) bulbs use more power when they are starting up, but this only lasts for about one tenth of a second. You will save more energy by turning the light off even if it is only off for a few seconds.

Q. Do energy saving light bulbs take ages to fully light up?

A. Some CFL type bulbs take a short while to warm up to full brightness but the technology has improved and most bulbs purchased today warm up much more quickly than those purchased a few years ago. LED lights reach full brightness immediately.

Q. Will energy saving light bulbs work with dimmer switches?

A. Most LED lighting works with dimmer switches and some CFL bulbs do too – just check the box.

Q. Will I be able to get the same type of light with an energy saving bulb?

A. These days a range of colour ratings are available, from 'warmer' to 'colder' colour temperatures.

# How to choose the best light bulbs

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## Identify the correct fitting:

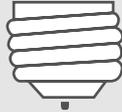
if you have a 'standard' fitting you need to identify whether it is a: Bayonet, B15, ER27 or E14:



bayonet



B15



ER27

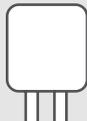


E14

If you are replacing a downlighter/spotlight you will probably need to identify whether it is a GU10 or MR16.



GU10



MR16

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## Think about the type of bulb you want

There are two main types of energy efficient lighting:

**Compact Florescent Lamps (CFLs)** are available to fit almost all shapes and sizes of fitting. These are what most people think of as low energy light bulbs.

**Lifetime:** 10,000 hours  
**Typical purchase price:** £5.50

**Light Emitting Diodes (LEDs)** are ultra-low energy lights. LEDs are an excellent replacement for halogen downlighters and other spotlights. They are now widely available for 'standard' fittings and mostly work with dimmer switches.

**Lifetime:** 30,000 hours  
**Typical purchase price:** £10.00

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## Check the brightness:

The brightness of LED/CFL bulbs is measured in lumens. This table shows the lumen rating compared with the wattage of traditional bulbs:

Traditional bulb	LED / CFL bulb
15 watt	140 lumen
25 watt	250 lumen
40 watt	470 lumen
60 watt	800 lumen
75 watt	1,050 lumen
100 watt	1,520 lumen

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## Check the colour rating:

The colour temperature tells you how 'warm' (yellow) or 'cool' (blue) the light looks. 'Warm' looking bulbs normally have a rating around 2700k. Bulbs with a rating around 4000-6000k will look colder.



If you are not sure which bulb to buy, try buying a single bulb to test. You can then identify the right type of bulbs for you.

## Key recommendations:

💡 We recommend looking at **LED options first**

💡 If you have been disappointed with the brightness of energy saving bulbs before **look for replacements with a higher 'lumen' rating**

💡 Look for **bulbs with around 2700k** for a warm yellow light.