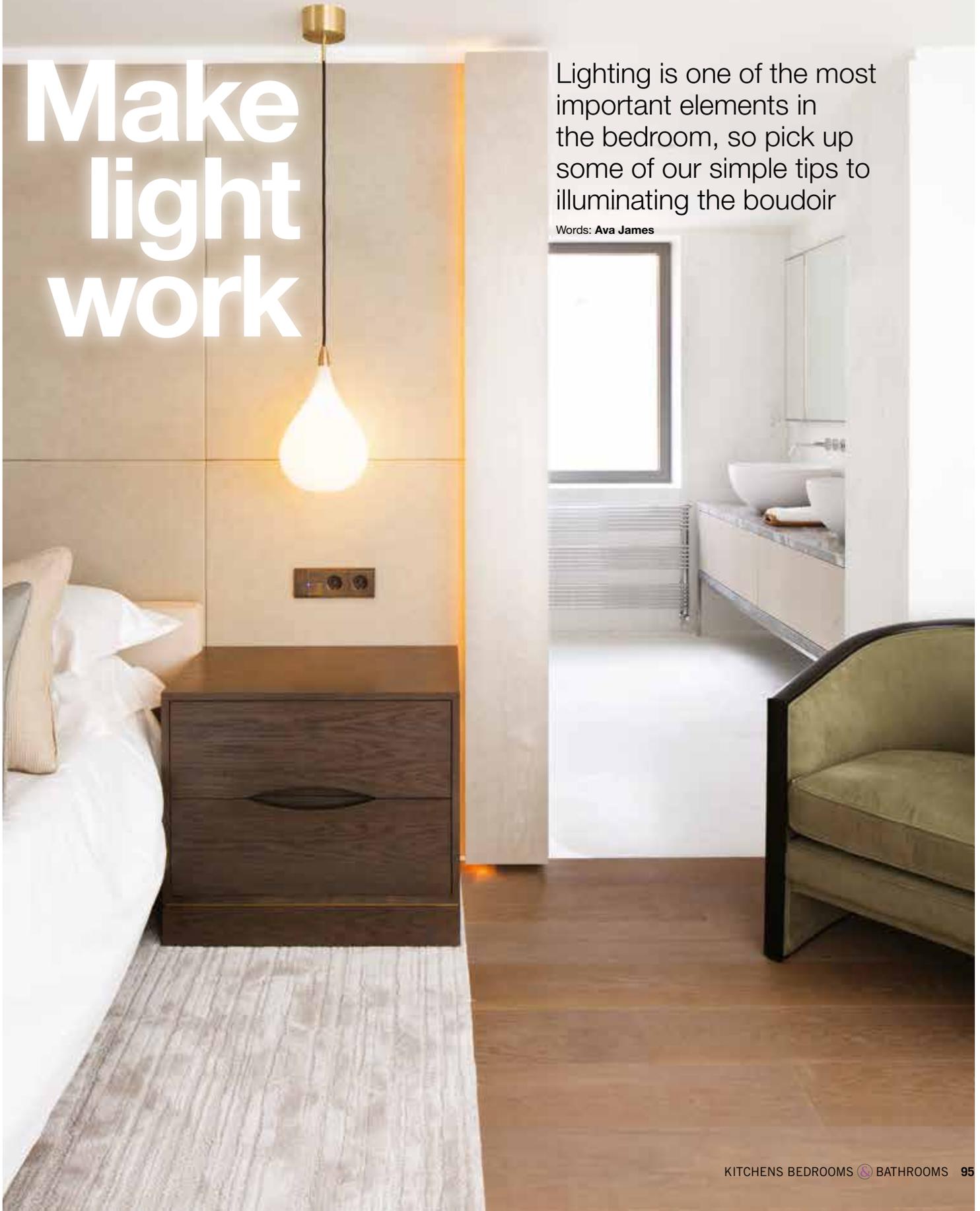


# Make light work

Lighting is one of the most important elements in the bedroom, so pick up some of our simple tips to illuminating the boudoir

Words: **Ava James**





Your bedroom is a hive of activity. It's where you wake up and prepare for the day, relax and, most importantly, catch up on beauty sleep. The lighting in your bedroom, therefore, needs to adapt to each of these different tasks.

"It's been well proven that the body needs to wind down to ensure a good night's sleep, so soft, dimmed lighting is ideal for preparing the mind for bed," says Charlie Hunt of Soak & Sleep. "However, on the flip side, when waking up and getting ready for the day, the bedroom should be bright and well lit. Designing a lighting scheme to work throughout the day will ensure a usable, functional space."

Another reason it is important to get lighting right from the outset is because it affects colours and fabrics in your bedroom. "You would be surprised how natural light versus artificial can give a whole different meaning to your selected tones," says interior designer Celia Sawyer.

### Go for flexibility

A flexible lighting scheme comprises layers of light, produced using a combination of light sources. Known as general, task and mood lighting, each of these layers has an important job to do. "General lighting refers to the standard, full-power lighting that tends to come on at the flick of the main switch – the basis for all other lighting," explains Charlie Hunt. Task lighting, meanwhile, is a more specific, focused form of lighting: think bedside lamps for night-time reading.

"Mood lighting refers to any form of dimmed, atmospheric lighting," continues Charlie. "Often achieved via dimmer switches and additional lamps, both floor- and table-based mood lighting sends a soft glow across the room. Mood lighting is ideal for creating a relaxing feel while the body prepares for sleep."

In the absence of good layering, the lighting scheme can flatten the space warns Andrew Orange of House of Orange. "We need to achieve a good contrast of light and shadow, and throw light in different directions," he explains.

Start by considering how your room is used and try to ensure that you have lighting in place tailored to each activity and task. "Don't go overboard – it's a bedroom, not an office," advises Charlie Hunt. "It's important to be clever with your positioning and lighting choices and you will find that just a few different components will make up an efficient and effective scheme."

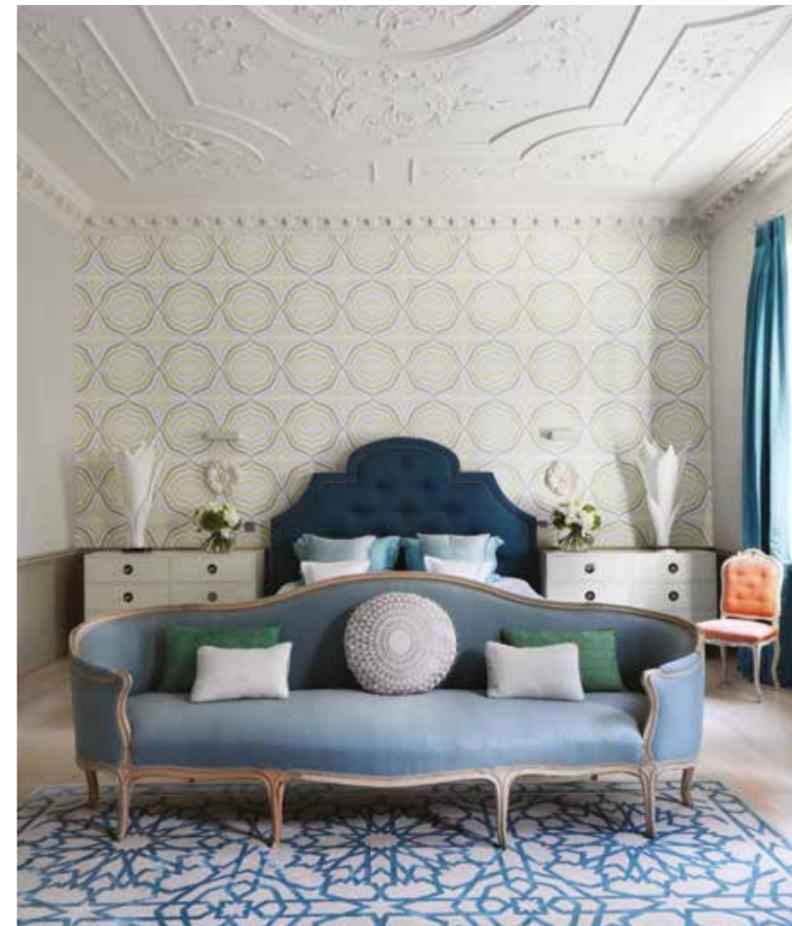
### Why use a lighting designer?

Although it may seem like an extravagance, consulting a lighting expert will increase the usability and efficiency of your bedroom, as well as create ambiance. "One could argue that good interior design cannot exist without good lighting," argues Bianca Sanchez of Halo Design Interiors. "A lighting designer will discuss what effect you would like to achieve with your room and give you ideas regarding the best fittings, how to integrate them within the overall look of the bedroom and ensure that you will enjoy the correct light levels within a space."

### In control

Indulge in the luxury of not having to reach for the light switch, or even get out of bed to control the lights, with lighting controls that are connected to the internet and home Wi-Fi hub, allowing your tablet or phone to become the controller. "Users are living their lives through these devices, both on a social and practical level, and this is being extended into the home," adds Bianca Sanchez. "This is enabling us to pre-set complex settings within lighting circuits, for example, according to our moods and needs at just a press of a button."

There are clever, cheaper ways to do this, argues Andrew Orange. "IP-addressable lamps allow you to change the colour temperature from a warm white in the evening to a colder white for the day – even change the colour of light to suit your duvet!" Andrew continues. "However, we find clients that can afford such systems generally try it once in a home, and then when they get the opportunity to do it again they opt back for the simplicity of a switch or dimmer knob!" [KBB](#)



**Opening page (p95):** "We have seen a move away from traditional bedside table lamps and the current trend is to hang a statement pendant over each table. As well as being a practical space-saving option, choosing a statement pendant will make a design feature of your lighting," says Ben Johnson of 1508 London. Shown is the Opus 2 pendant by Swedish brand Rubn. Buy online for £287 at Atomic Interiors.

**Above:** Shalini Misra chose the timeless styling of the Rothschild & Bickers Retro pendant light, £450, for this bedroom in St John's Wood, London. She has teamed it with Contardi's Flexiled leather wall light with a flexible arm that allows you to direct the light in any way you wish. From Go Modern for £313.50.

**Left:** In this huge first-floor master bedroom with 11ft-high ceilings, Rebekah Caudwell of Rebekah Caudwell Design added oversized white ceramic Rougier table lamps, £7200 per pair, to sit on a pair of matching chest of drawers, which act as practical bedside tables and absorb the huge space to make it still feel cosy and inviting. Rougier table lamps are available at Talisman.

**Opposite page:** At little more than 20 inches tall, the Original 1227 Mini table lamp from Anglepoise still packs a stylish punch. It's just the job for beside the bed or wherever space is an issue, £95.

## Bedroom highlights

Andrew Orange of House of Orange and interior designer Celia Sawyer shed light on bedroom illumination.

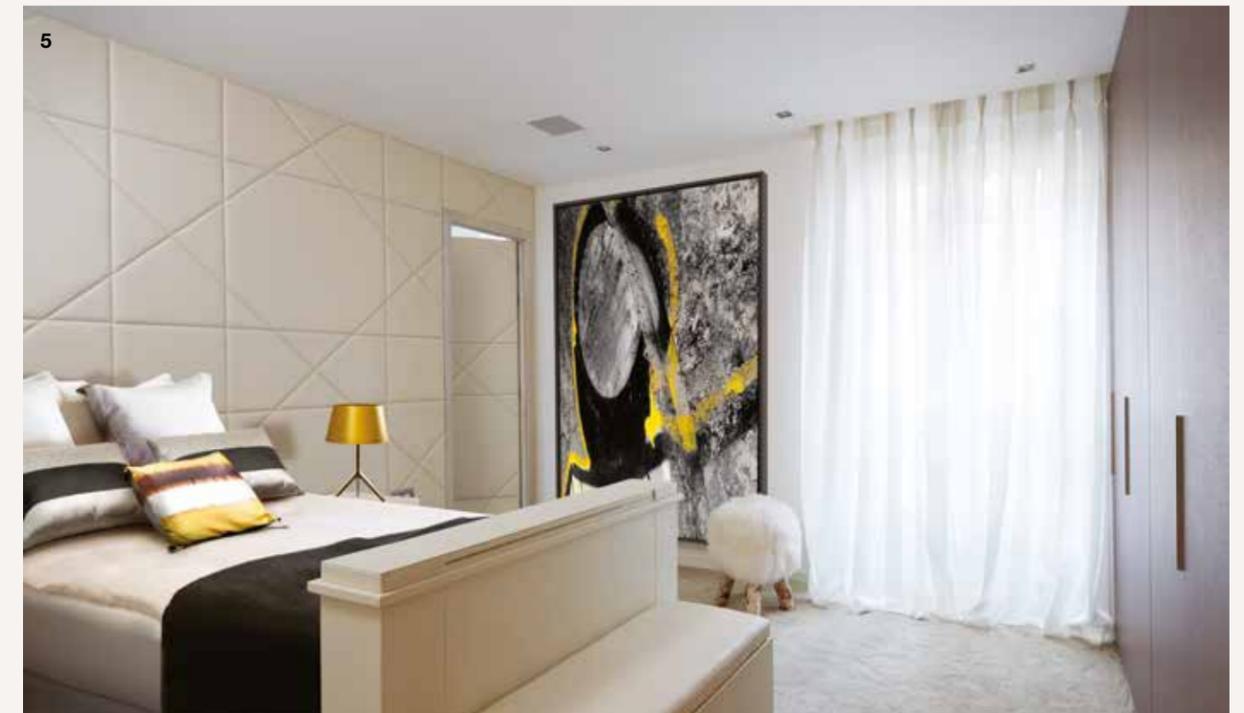
**1** "Use table and floor lights with shades that will produce warm shades of white," says Andrew. Here, two Ralph Lauren Westbury table lamps, £600 each from Amara, were chosen to complement a pair of Polyhedron pendants from Restoration Hardware. The interior design was by Greg Natale Design.

**2** "Add a central chandelier, which can be oversized if you have the height available," suggests Celia. "I love statement chandeliers in bedrooms because they provide a certain grandeur and magic." The Nymph chandelier by Koket is a whimsical design that embraces the beauty of butterflies in brass. It is available to order online for £5450.

**3** "Another fantastic feature are lights suspended over your bedside tables. These can be quite elaborate and there are many on the market to choose from," advises Celia. In this Cotswolds bedroom, Halo Design Interiors used dimmable pendants, selected for their translucent quality and faceted water droplet shape. Get the look with the Hydra suspension light by Calligaris, £392 at Urban Suite.

**4** "I love using beautiful statement table lamps on bedside tables. These create star pieces in your bedroom and they also frame your bed," says Celia. Leading by example are these dashing Meurice square table lamps by Jonathan Adler, £395 each, bringing Art Deco-style elegance to this master bedroom by Greg Natale Design. The Ventana three-tier chandelier is also by Jonathan Adler, £1170.

**5** "Avoid positioning downlights directly over pillows to ensure anyone lying in bed is not subjected to glare," advises Andrew. "Try directing them towards walls and fabrics instead." Follow the example of French interior designer Stéphanie Coutas, who has carefully positioned a trio of downlighters to cast a soft glow across the curtains and artwork. For beside the bed, Stéphanie chose Rodolfo Dordoni's Lumiere XXL table lamp for Foscarini. A version in black is available at Nest for £524.



## Dos and don'ts

Interior designer Bianca Sanchez of Halo Design Interiors divulges her dos and don'ts of bedroom lighting.



- ✓ Consider all the different tasks you would want to undertake in your bedroom and ensure that the lighting you include caters to them.
- ✓ Include decorative feature lights, such as wall lights and table lamps. These are as important for the way they look as they are for the mood lighting they give off.
- ✓ Ensure you have at least two lighting circuits within the space.
- ✓ Make sure you are able to switch the lights on and off from either side of your bed, as well as when you enter the room.
- ✗ Don't use too many downlights or, if you are going to use them, perhaps place them around the perimeter of the room to give a scalloping effect on the walls.
- ✗ Avoid putting a strong light directly above the bed, unless it is a decorative chandelier, and, if so, make it dimmable.



**Above left:** James Bartlett created his Portland pendant for Innermost using two commonly used construction materials: concrete and plaster. Offered in three interior colour options, Morph Interior chose red and hung two to create stylish bedside lighting in this Kensington bedroom. Naken Interiors stocks the Portland pendant at £218.

**Above right:** Mambo Unlimited Ideas creates designs that stand out from the crowd. The lacquered metal Comb 1 light is befitting of this playful bedroom, shown in mint green to echo the bed frame. Priced around £432.

**Right:** Wash your bedroom walls with light from the IO, an adjustable design in die-cast aluminum by Swedish studio Claesson Koivisto Rune for FontanaArte. Available at David Village Lighting in white, black, red and anthracite grey for £174.

**Left:** The Kinetic lamp in Gurney Gold perfectly complements the subtle detailing of the bespoke oversize headboard. "The graduated heights of the rectangular detailing and the shade brings a sophisticated intimacy to the space, while the gold and slate add glamorous yet understated depth to the scheme," explains Natalia Miyar at Helen Green Design. Contact Porta Romana for the price.





**Above:** Powered by an integrated lithium battery, which can be recharged 2000 times with no degradation, the M lamp by David Irwin can be easily transported, making it ideal for on-the-go lifestyles. The LED consumes an average 1.2W of power and lasts up to 50,000 hours. The M Lamp is available in the UK at The Conran Shop, £235.

**Right:** We are all aglow about Davide Groppi's magical Good Morning China table light, handmade from Japanese paper. Find yours at Holloways of Ludlow, £585.



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