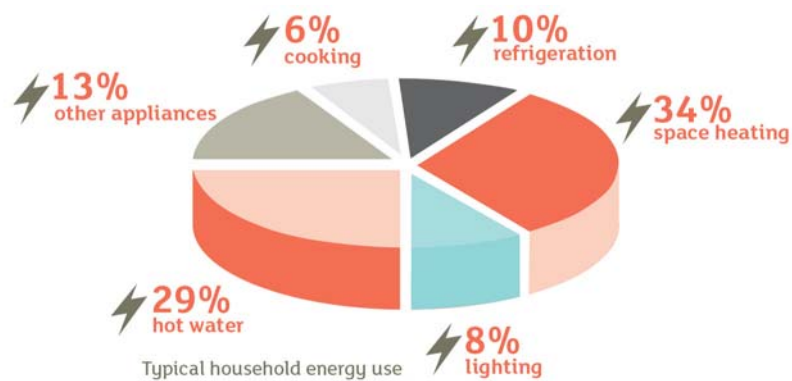


Energy efficient lighting

In this fact sheet:

- Energy efficient bulbs
- Downlights

Lighting uses around 8% of energy in the average NZ home.



A good starter is to maximise natural lighting – it will not only save you money, but natural daylight is better for your health and productivity. You should aim not to need electric lighting between 9am-4pm all year round (except on overcast winter days). If you have an area without access to windows, you can bring natural light in using a Solatube skylight.



A Solatube lights the kitchen in the Waitakere NOW Home

Tips box

- Maximise the natural light you get into your rooms.
- Switch off any lights that you're not using and take advantage of natural lighting whenever possible.
- Use energy-efficient lightbulbs. Modern CFLs deliver as high a quality light as traditional incandescents and last longer as well.
- Clean your lights and lampshades regularly to get the maximum light.

Energy efficient bulbs

There are two main types of energy efficient lighting currently available – compact fluorescent bulbs (CFLs) and now, increasingly LED lighting.



Light emitting diode (LED) lamps are extremely efficient and have a very long life (approximately 50,000 hours). You should be able to fit-and-forget them. They cost little to run as they use less electricity than any other lighting option.



Compact fluorescent lamps (CFLs) use about 80% less electricity than standard incandescent bulbs which turn only about 5% of the electricity they use into light. Although standard incandescent bulbs are cheap to purchase, the equivalent CFL will cost you far less money in the long run. Not only will it use less electricity, a quality CFL will last between 6,000 and 15,000 hours. CFLs now come in a wide range of colours, shapes, sizes and with increased functionality and choice.

To find out more on efficient lighting options, visit www.rightlight.govt.nz

Downlights

It's best to avoid recessed ceiling downlights in an insulated ceiling (unless it is a bottom storey) because they:

- provide a path for warm air to escape
- create a gap in the insulation
- allow moisture into the roof space
- allow draughts and dirt from the cavity

If you do use downlights, specify IC rated types. These can have the insulation installed right up against them (abutted) and covering them.

For more information:

- See Fact sheets on
 - Downlights
- For more on efficient lighting see www.rightlight.govt.nz/ and www.smarterhomes.org.nz/energy/lighting/.
- Find out about Solatube lighting at <http://www.solatube.co.nz>