

# LIGHTING UP YOUR LIFE!

With dark and wintery evenings we are all challenged visually. Both indoors and outdoors the lack of good light reduces visual clarity. Whether it be driving into low winter sun or struggling to see the newspaper in the evenings, there are things that we can all do to help ourselves.

The first is the obvious, by having regular eye examinations; you can ensure you have the best vision possible.

If you wear glasses, make sure that you keep the lenses smear free. The build up on the lens of greasy deposits can significantly reduce visual clarity in the same way as a dirty windscreen on your car. A good quality micro fibre cloth is ideal. There are many lens cleaning solutions but make sure you get the right one or you may make the smearing worse!

When driving in poor light conditions and at night it is advisable to only use completely un-tinted glasses. Even the slight residual tint on older photochromic lenses can reduce contrast and hence visual clarity. Using anti glare coated lenses protects from glare produced by oncoming headlights.

Wearing tinted polarised sunglasses will protect from low winter sun and dazzling reflections off of wet roads. They are also ideal for use in snowy conditions.

Good lighting indoors will significantly improve reading. An angle poise lamp with LED bulbs that is directed at your text but below eye level, will give excellent results.

## **Here are some ideas for improving light indoors**

Make the most of daylight by keeping windows and net curtains clean; keep curtains back from windows to let the most light through.

Make sure window surrounds are painted a light colour to reflect natural light into the room.

Blinds, particularly those with vertical slats, can help control the amount and direction of daylight in the room.

A good even distribution of light is essential. Avoid shadows, dark corners and 'pools' of light.

The best way to make a room brighter is to illuminate the ceiling and top half of the walls.

Avoid dark coloured lamp shades and shades that allow people to look directly at the bulb.

Use a round shade as they spread light evenly, without producing glare.

Light coloured walls help reflect light around the room, giving more even lighting.