

By replacing a traditional light bulb with an energy saving light bulb, which lasts around ten times longer than a traditional bulb, you can make savings of around £40 before it needs replacing, so across a typical home the savings can quickly add up.

Bulb brightness

Traditionally light bulbs were referred to in relation to their electricity consumption (wattage) to indicate how bright you could expect them to be.

Modern light bulbs refer to a specific measurement of brightness called “lumens” as low energy light bulbs can no longer indicate “brightness” simply by indicating their electrical consumption. The amount of electricity consumed is no longer an indication of the “brightness” of the bulb.

Halogen spot lights

These have been popular since the late 1980s and are often installed in kitchens and bedrooms. They produce a very bright focussed light and individually may use less electricity than conventional tungsten filament bulbs, but because they generally tend to be installed in multiple arrays, collectively they are high consumers of electricity and convert much of the energy used into heat rather than light.

How much light do you need?

Traditional bulb	Energy Saving bulb	Equivalent in Lumens
100 W	20-25 W	1,300
60 W	11-19 W	700
40 W	8-10 W	400
25 W	5 W	200

Low energy light bulbs

Replacement low energy bulbs are widely available as direct replacements for all types of fittings and settings. While only using a fraction of the energy consumed by a traditional bulb, they convert nearly all of the energy they use into light and give off little heat. They also operate for many times longer before wearing out. They fall into two categories:

TOP TIP

Match the lighting to your needs. Have a range of lights in each room and have the flexibility of choosing between background lighting and bright, localised lighting.

Compact fluorescent lamps (CFLs)

These are comprised of a glass tube wound into a spiral/compact shape which is filled with a gas, making the tubes inner surface fluoresce/glow when an electrical current is passed through it.

Use the power of your finger! Switching a light off when you leave a room could stop you wasting as much as £7 a year!

Light emitting diodes (LEDs)

These are comprised of either single or multiple light emitting diodes and reflectors and consume very little energy in comparison even with CFLs.

Dimmer switches

These vary the current of electricity flowing through a light fitting to make them more or less bright. Manufacturers now produce low energy light bulbs which can be fitted where a dimmer switch is installed, though it is always advisable to check the manufacturers’ specifications to ensure that this is the case.



Cornwall's Independent Energy Experts

Our services to help householders in Cornwall and Devon enjoy warmer, energy efficient homes include:

- › Insulation and heating solutions
- › Energy efficiency advice and surveys
- › Planning for renewables services
- › Condensation and mould services
- › Help to understand and reduce energy bills

In certain circumstances we can access funding for services - call us to discuss your needs.



For advice
call Freephone
0800 954 1956

Community Energy Plus

3-4 East Pool, Tolvaddon Energy Park, Camborne TR14 0HX

Telephone 0800 954 1956 **Visit** www.cep.org.uk

Email enquiries@cep.org.uk

Registered charity: 1068990



COMMUNITY
ENERGY PLUS

A Simple Guide
for Householders

Low Energy Lighting



©Copyright Community Energy Plus July 2012

Call **0800 954 1956** Visit www.cep.org.uk