



## Using LED Downlights for Great Bedroom Lighting

[LED downlights](#) for the bedroom can make it more versatile space. If you want your bedroom to behave like a spa, a haven where you can retreat to after a long, hard day, then LED downlights for the bedroom, especially the dimmer variety will allow you to set the mood. If you require bright light for grooming or applying cosmetics, the 9 watt lamps will bring bright, natural white light into the room.

When you need to bring down things a notch and perhaps just relax with some ambient music to wind down to, the [dimnable](#) option allows you to match your requirements to the amount of light in the room.

In children's bedrooms such LED downlights for the bedroom can allow terrific light to play under and dress by and can be lowered sufficiently to retain a moderate glow for those who might be afraid of the dark. This option is also useful if you are trying to wean your child off a night light as you can gradually set them lower and lower. They're ideal too if you need to check on a sick child and don't want to disturb them by switching on a bright light in the middle of the night, which might waken them up.



Adults who read in bed will appreciate the benefits of good reading light and the facility to be able to dim them down or switch them off without having to leave the warmth of the duvet. You can just set down your book, switch off the LED bedroom lights and curl up thinking about 'who dunnit' or where the plot is taking you next.

Installing LEDs as bedroom ceiling lights will make the room look larger and will make shifting and furniture around much easier. Flush with the ceiling, they won't get in the way of large items like wardrobes if you need to move them for redecoration. Painting too will be easier as you won't have to worry about covering a light fitting, except with perhaps some masking tape, as you will be able to see any splashes as you go along. Ladders won't get in the way of LED lights for the bedroom because when you move them around and your head won't bash against a suspended fitting.

You can set the tone for the bedroom lighting without candles, a fire hazard and something that always requires extinguishing before you retire, when you install LED bedroom lights. Apart

from the benefits mentioned above, there are significant savings to be made on running costs over the lifespan of the unit. The light emitted from LED downlights for the bedroom means you can

still be eco-friendly without sacrificing the level of brightness in a room. Some energy saving bulbs take a long time to warm up and never produce the level of brightness you require. And although they claim extended longevity they don't match up to the 50,000 hours expected from LED lights.



Whether you want to create an illusion of more space or have the facility for dimming your lights for a variety of reasons or save on electricity bills, LED downlights for the bedroom will tick all the boxes.

**Not sure how many lights you need?**

Email the details of your room and we will advise

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