

Led Shop Lights

LED shop lights are great lighting options for lighting a small work area or workbench. Before you move forward with a purchase, read our guide to make sure you purchase the right LED shop light!

1) What is an LED shop light?



LED shop lights are the new LED version of fluorescent shop lights.

Shop lights are commonly used in garages and workshops (hence the name) where a simple but cost-effective lighting fixture is needed to illuminate a small area such as a tabletop or workbench.

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YOUR GUIDE TO ENERGY EFFICIENT LED LIGHTING

<https://www.myledlightingguide.com/led-shop-lights>

Traditional fluorescent shop light fixtures are designed to accommodate 4-ft fluorescent tubes, which, compared to incandescent bulbs, provided longer lifetimes, lower electrical consumption and daylight balanced color temperatures. This has made them very appealing for workshop type lighting applications.

With the adoption of LED technology, the performance exceeds that of fluorescent lamps, making LED versions of a shop light a technical no-brainer.

LED shop lights have longer lifetimes and higher efficiency than their fluorescent counterparts, but for the most part adopted the same linear fluorescent form factor and are typically available in 4-ft lengths using a very similar fixture style.

The advantages of shop lights are numerous, but the primary ones are:

Cost effective - a shop light fixture can be purchased for less than \$15 USD

Simple to install - a shop light fixture does not require complex wiring or electrical knowledge

Adjustable - a shop light fixture's height and position can be adjusted easily. Typical 4-ft fluorescent/LED tube light fixtures are ceiling mounted, making them difficult to install, and permanently fixed into place.

Wastes less light - a shop light fixture can be positioned exactly where the light is needed, so less light is wasted on illuminating non-essential areas, contributing to further electrical cost savings

Given all of those advantages, it's clear that for workshop-style lighting, shop lights are an excellent choice. But what about comparing fluorescent shop lights to LED shop lights? We see even more benefits for LED shop lights:

The overall benefits of LED lights vs fluorescent lights hold true for shop lights - longer lifetimes, lower electrical consumption, no mercury

Because shop lights are typically positioned closer to the ground, they are more susceptible to being struck accidentally by power tools or stray objects. Fluorescent tube breakages can be hazardous and require extensive cleanup effort. LED shop lights are usually made of extremely durable polycarbonate plastic, and even if they break, do not lead to any hazardous chemical leakage.

Unlike fluorescent lamps that emit light in a 360 degree angle, LED tube lights direct light downwards. In a shop light fixture, this makes the actual efficiency of LED shop lights even higher than that of fluorescent shop lights, which lose some of the light directed upwards.

LED shop lights can utilize enhanced light spectrum options including high CRI and photosynthesis optimization. This can be useful for workshops that require color accuracy, or even for growing plants.

2) What types of LED shop lights are available?

There are two primary types of LED shop lights available today: integrated LED shop lights and LED shop light retrofits.

Integrated LED shop lights have the LED chips and electronics mounted directly into the fixture (i.e. integrated) such that there is no longer a "lamp" that can be replaced. With longer lifetimes of LED technology, the idea is that the light will continue to emit sufficient light until the fixture itself becomes decommissioned.

LED shop light retrofits, on the other hand, keep the lamp separate from the fixture, making them replaceable. This typically involves using a fluorescent shop light fixture and replacing the fluorescent tube with a LED tube light. A fluorescent shop light fixture will almost always have a fluorescent ballast built into it.

In principle, integrated LED shop lights are the preferred option. After all, these fixtures are designed around LEDs, the newer technology. As a result, they typically do not include features like "lampholders" and truly integrate the LED emitters into the fixture.

By definition, the LED tube light retrofit approach attempts to work around the older fluorescent fixture design. This means that the LED tube light is limited in terms of mechanical and electrical compatibility as it must fit in the shop light fixture originally designed for fluorescent lamps. This would surely seem to be a disadvantage in terms of product performance and options.

In reality, however, economic forces in the lighting industry make things less clear-cut. Specifically, the sheer quantity of fluorescent ceiling fixtures in existing buildings has made LED tube light retrofitting a lucrative and sizable market. As a result, significant R&D work has been invested into LED tube light design as well as manufacturing. For the end consumer, that means a wide variety of LED tube lights are available at competitive prices, and in some cases, it makes sense to continue using fluorescent shop light fixtures and retrofitting them with LED tube lights.

Below, we provide recommendations depending on your situation.

We recommend integrated LED shop lights if:

You are looking for maximum light efficiency and energy savings

You prefer a simple, plug-and-play light fixture without any replacement lamps to worry about

You do not own fluorescent shop light fixtures or can afford to purchase new LED shop light fixtures and pay upfront (primarily an issue for larger installations)

Light color and quality options (including "upgrading") are not as important to you

We recommend retrofit LED shop lights if:

You already own fluorescent shop light fixtures, or can purchase them at a low cost

You have more stringent requirements or needs when it comes to color quality, such as color rendering

You want to have the ability to easily change your lighting on a regular basis (for example, swapping out different LED tubes for different color temperatures)

You are optimistic about future developments in LED tube lights, and want to be able to "upgrade" to a new LED tube light without needing to replace the fixture

You are comfortable with potentially needing to rewire the fluorescent shop light fixture to bypass or remove the ballast

3) What are some features to look for in an LED shop light?

Below are some unique LED shop light features that you may find useful.

Light Output

The brightness of an LED shop light is usually given in lumens. If you aren't familiar with this metric, you can use the following as a rough ballpark estimate:

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Incandescent bulbs: 15 lumens per watt

Fluorescent lamps: 50 lumens per watt

For example, a 1500 lumen LED shop light can be thought of as being roughly equivalent to a 100 Watt incandescent bulb (1500 lumens divided by 15 lumens per watt) or a 30 Watt fluorescent lamp (1500 lumens divided by 50 lumens per watt).

How is this useful? Well, if you have a fluorescent shop light that uses 2 lamps that are 30 Watts each, you can estimate that you will want roughly 3000 lumens from your shop light to maintain the same level of brightness.

Color Temperature

Color temperature is a number that describes how "yellow" or "blue" a light's color is.

2700K is considered the same color as the classic incandescent light bulb

3000K is slightly bluer and is similar to halogen bulb light color, but still has a warm, inviting yellow color to it.

4000K is often called "neutral white" because it is neither blue nor yellow - and is the middle of the color temperature scale.

5000K is commonly used for determining color, such as for prints and textiles

6500K is considered natural daylight, and is a good way to approximate appearance in outdoor lighting conditions

The color temperature we recommend will depend on the specific use or activity, as well as your personal preference.

In general, lower color temperatures create a more relaxed or "warm" atmosphere. An LED shop light for a residential garage might be a good candidate for 4000K or below.

Higher color temperatures allow for better color acuity. 5000K allows for a very neutral and clean white light that allows for improved color perception that 4000K and below would not, due to its yellow bias.

If you want to replicate natural daylight conditions, 6500K would be the optimal color temperature.

CRI: pick 80 or above

CRI is a bit tricky to understand because it is not immediately visible from just simply looking at the emitted light from a shop light.

CRI is score ranging from 0 to 100 which measures how accurate objects appear under a light. The higher the score, the more accurate.

What does accurate really mean, anyway?

Let's say you are trying to paint your car in your garage, which doesn't get any natural light. A perfectly accurate LED shop light would make the paint color look exactly the same as it does under natural daylight.

An inaccurate (low CRI) LED shop light, however, would make the paint color look different. Despite your best efforts, you may find that once outside, your car's color no longer looks the way you thought it would!

Well, what is a sufficient CRI number?

For non-color critical tasks, we recommend purchasing LED shop lights with a minimum of 80 CRI.

For enhanced appearance and color accuracy, we recommend 90 CRI or above.

How do you know what an LED shop light's CCT or CRI is? Virtually all manufacturers will be able to provide this to you on the product specification sheet or packaging.

On/Off Switch

Shop lights have traditionally used a pull-chain for its on-off switch, and many LED shop lights continue to use this design.

Alternatively, you can also find some designs that use a rocker switch mounted onto the unit itself.

Daisy Chaining

If you are using multiple LED shop lights in a single area, you may find it challenging to have to separately run wires from each fixture to a single outlet or power source. Instead, daisy chaining allows the fixtures to be connected one after another, simplifying your installation.

Mounting Method

Most LED shop lights include a chain that allows the fixture to hang from the ceiling. Some will also allow for flush mounting directly onto the ceiling.

Reflectors

Some LED shop lights will include reflectors on the side of the fixture, to help direct the light downwards. This can be helpful to increase the brightness over a specific area, and simultaneously reduce glare.

4) How do I install an LED shop light?

Below, we'll go over general tips and recommendations for installing an LED shop light. For specific mounting and usage instructions, please refer to your shop light manufacturer's manual.

Determining the Installation Location

The first step to installing the LED shop light is finding a suitable location. You'll want to make sure that the light is situated directly above the workbench or work area. Make sure that the ceiling or mounting surface above this location can support the weight of the shop light.

Most shop lights connect to electricity via a regular wall-plug. You will want to make sure that you can safely run an electrical cable to the shop light. Especially if you are daisy chaining, confirm that the power draw of the fixtures will not exceed that of your electrical cables.

Finally, confirm that the provided chain and mounting height allow for the fixture to hang at an acceptable level. A fixture that is too high may not provide enough directed light to the workspace, while a fixture that is too low could present a serious hazard if it gets in the way of

people or other objects (especially power tools). Although LED shop lights do not contain mercury, they still operate on line voltage, which can cause serious injury or death.

Mounting the Shop Light Fixture

Follow your shop light's user manual. Always observe electrical safety, and cut power to all outlets and wires that you will be working with.

Once mounted, an integrated LED shop light fixture should be ready to go.

A retrofit LED shop light requires the fluorescent tube to be replaced with a compatible LED tube light. We recommend reading our LED tube lights guide for finding and installing an LED tube light into a fluorescent shop light fixture. A 3-in-1 LED tube light can make installation into a fluorescent shop light fixture a much simpler process, since it does not require any ballast rewiring.

Bottom Line

LED shop lights are an excellent choice for illuminating a work area. Integrated LED shop lights are available as a "lampless" solution, but LED retrofit shop light fixtures can present a wide range of possibilities as well.

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What is the best lighting for a shop?

The FrenchMay linkable 4ft LED Utility is the best shop light that will light up your garage in the most efficient and cost-effective way. The light will give you brighter, healthier and cheaper lighting than any other fluorescent light. Jan 13, 2019

15 Best LED Shop Lights Reviews 2019 | For Garage & Workshop

<https://adviceblogger.com/best-shop-lights/>

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How many lumens do I need per square foot?

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For the average living room of 250 square feet, you'll need 5,000 lumens as your primary light source (20 lumens x 250 square feet), equivalent to about five 100 watt incandescent light bulbs, five 23 watt CFLs, or eight 10 watt LED light bulbs. Apr 13, 2012

How Many Lumens Do I Need? — 1000Bulbs.com Blog

<https://blog.1000bulbs.com/home/how-many-lumens-do-i-need>

Search for: How many lumens do I need per square foot?

What is a Troffer shop light?

Wikipedia defines a troffer as “a rectangular light fixture that fits into modular, dropped ceiling grid (i.e., 2' by 2' or 2' by 4').” Troffer fixtures have typically been designed to accommodate standard fluorescent lamps (T12, T8, or T5), but are now often designed with integral LEDs. Aug 19, 2016

LED Troffers and Flat Panels or Fluorescent Troffers? Which Are ...

<https://www.accessfixtures.com/choose-led-troffers-or-fluorescent-troffers/>

Search for: What is a Troffer shop light?

What is integrated LED?

An integrated lighting fixture is a complete outdoor light fixture assembly, which includes a built in LED or halogen lamp. Though integrated lighting fixtures simplify lighting system installation, they also pose difficulties in terms of maintenance and lighting upgrades.

LED Lamps vs. Integrated Lighting Fixtures - Illumicare Group Limited

<https://www.illumicaregroup.com/why-led/led-lamps-vs-integrated-fixtures/>

Search for: What is integrated LED?

How do I calculate lumens lighting for a shop?

Incandescent bulbs and fluorescent lights have lumen ratings on their packaging. Divide the lumen rating into the total lumens you need. Suppose you choose fluorescent tubes rated at 2,500 lumens each for a shop requiring 54,000 lumens. This equates to 54,000 divided by 2,500, which is equal to 21.6. Mar 13, 2018

How Do I Calculate Lumens Lighting for a Shop? - Sciencing

<https://sciencing.com/how-6897749-do-calculate-lumens-lighting-shop-.html>

Search for: How do I calculate lumens lighting for a shop?

What are the best LED lights?

Best standard size LED light bulbs

Philips LED Non-Dimmable A19 8.5-Watt Frosted Light Bulb 800 Lumen 2700K (16 Pack) ...

Bioluz LED 40 Watt LED Light Bulbs ECO Series Warm White 2700K (6 Pack) ...

TCP 60W Equivalent LED Light Bulbs Soft White 2700K (6 Pack) ...

AmazonBasics 100 Watt Equivalent (6 Pack)

More items...

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Aug 7, 2018

11 Best LED Light Bulbs 2018 - New York Magazine

nymag.com/strategist/article/best-led-light-bulbs.html

Search for: What are the best LED lights?

How bright is 750 lumens?

One lumen is approximately equal to the amount of light put out by one birthday candle that's one foot away from you. To help you get an idea of the lumen scale, a standard 60-watt bulb puts out around 750-850 lumens of light. If you're choosing bulbs for task lighting, look for bulbs with 1000 lumens or more.

Understanding Watts vs. Lumens for Home Lighting | Today's ...

<https://www.todayshomeowner.com/understanding-watts-vs-lumens-for-home-lighting/>

Search for: How bright is 750 lumens?

What color light is best for kitchen?

These bulbs are best suited for kitchens and bathrooms. Bright white (4,000 to 5,000 Kelvin) is between white and blue tones. With a less cozy and more energetic feel, bulbs with this color range are best for work spaces (such as a home office or garage) and kitchens with chrome fixtures. Sep 8, 2018

Should you buy warm or cool lights? - CNET

<https://www.cnet.com/how-to/should-you-buy-warm-or-cool-lights/>

Search for: What color light is best for kitchen?

How many lumens do I need for outdoor lighting?

So the amount of lumens you need for your outdoor lighting really depends on the kind of outdoor lighting you want. That said, our professional suggestion on lumens for various outdoor lights includes: Path lighting: 100-200 lumens. Step lights: 12-100 lumens. Sep 29, 2017

How Many Lumens Do I Need for Outdoor Lighting?

<https://energytoday.biz/blog/how-many-lumens-do-i-need-for-outdoor-lighting>

Search for: How many lumens do I need for outdoor lighting?

What is a LED Troffer?

A troffer is a rectangular light fixture that fits into a modular dropped ceiling grid (i.e. 2' by 2' or 2' by 4'). Troffer fixtures have typically been designed to accommodate standard fluorescent lamps (T12, T8, or T5), but are now often designed with integral LED sources.

Troffer - Wikipedia

<https://en.m.wikipedia.org/wiki/Troffer>

Search for: What is a LED Troffer?

Is integrated LED better?

Although more expensive than replacing with a halogen lamp, the LED version offers longer life and reduced operating cost, delivering immediate payback. The downside is they are not perfectly heat managed. ... In comparison is the fully integrated LED fixture built around an LED package. Aug 2, 2013

The Argument of Integrated Versus Drop-in LEDs | FX Luminaire

<https://www.fx.com/news/argument-integrated-versus-drop-leds>

Search for: Is integrated LED better?

What is the difference between LED and integrated LED?

LED light bulbs, or LED "lamps" as referred to in the lighting world. ... Integrated LED fixture products, in which the LED light and fixture are one unit. Such a lighting product connects directly with track or main line voltage. If you have existing fixtures, this option involves removing and disposing of those fixtures. Sep 12, 2014

Buyer beware: the rise and rise of integrated LED products ...

<https://www.wavelengthlighting.com/.../buyer-beware-the-rise-and-rise-of-integrated-led...>

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Do LED lights need replacing?

LED Lifespan

First of all, rest assured that the average LED bulb will produce 60% of its power (easily enough due to its powerful shine) for 50,000 hours before giving up the ghost. This means that you will only need to replace an LED bulb, depending on the usage it receives, every 5 - 10 years on average.

How Often Should LED Bulbs Be Replaced | DoItYourself.com

<https://www.doityourself.com/stry/how-often-should-led-bulbs-be-replaced>

Search for: Do LED lights need replacing?

How many lumens do I need in a kitchen?

For general lighting, we will illuminate it to at least 5 footcandles. A footcandle is 1 lumen/square foot, so in this case, we would need 120 (area) x 5 (footcandles) = 600 lumens from the general lighting, while the food prep area, sink and cooktop would have dedicated task lighting.

How Much Kitchen Lighting Do You need? IES Light Logic

ieslightlogic.org/how-much-kitchen-lighting-do-you-need/

Search for: How many lumens do I need in a kitchen?

What is the minimum lighting required by OSHA?

OSHA on Office and Workplace Lighting

To begin, OSHA has set forth a standard of thirty (30) foot-candles as a minimum lighting requirement for "office" space (United States, Illumination). Apr 25, 2016

Workplace and Office Lighting Standards and Policy | ToughNickel

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<https://www.myledlightingguide.com/led-shop-lights>

<https://toughnickel.com/business/Workplace-Lighting---Office-Lighting>

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How many lights do I need?

So if you have an 18' long room x 12' wide room multiply times 1.5 = 324 watts, that's how much wattage is needed to adequately light the room. You can divide that lighting into more than one source. 2 Lamps @ 150 watts each and 1 lamp @ 60 watt would be more than adequate light for the room.

How to Light a Room | How to Decorate - Ballard Designs

<https://www.ballarddesigns.com/howtodecorate/2011/07/how-to-light-a-room/>

Search for: How many lights do I need?

What color LED light is best for kitchen?

Soft white/warm white (2700 Kelvin): Best for bedrooms and living rooms; providing a traditional warm, cozy feel to them. Bright white/cool white (4100 Kelvin): Best in kitchens, bathrooms or garages; giving rooms a whiter, more energetic feel. Jun 7, 2019

How to Pick the Best Light Bulb for Every Room - Lifehacker

<https://lifehacker.com/how-to-pick-the-best-light-bulbs-for-every-room-in-your-171380...>

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Which LED lights are best for home?

Shop for the best light bulbs to brighten every room in your home

Best LED: Philips 60-Watt Equivalent LED Bulbs at Amazon. ...

Runner-Up, Best LED: TCP 60-Watt Equivalent A19 LED Bulbs at Amazon. ...

Best Budget: Philips 455576 2700K A19 LED Bulb at Amazon. ...

Best Smart: Philips Hue White LED Smart Bulbs at Amazon.

More items...

The 10 Best Light Bulbs of 2019 - The Spruce

<https://www.thespruce.com/best-light-bulbs-4079442>

Search for: Which LED lights are best for home?

Does more lumens mean brighter?

Lumens measure how much light you are getting from a bulb. More lumens means it's a brighter light; fewer lumens means it's a dimmer light. Lumens let you buy the amount of light you want. ... To replace a 100 watt (W) incandescent bulb, look for a bulb that gives you about 1600 lumens.

Lumens and the Lighting Facts Label | Department of Energy

<https://www.energy.gov/energysaver/save-electricity-and.../lumens-and-lighting-facts>

Search for: Does more lumens mean brighter?

How many lumens is considered bright?

Brightness is typically indicated in lumens, a measure of the total output of a light source. A classic Mini Maglite flashlight peaks at around 15 lumens. A typical LED headlamp puts out roughly 50 to 100 lumens. A 100-watt light bulb clocks in at around 1,750 lumens. Dec 13, 2012
The World's Brightest Flashlight: Enough Power to Set Paper on Fire ...

<https://www.outdoors.org/.../the-worlds-brightest-flashlight-enough-power-to-set-paper-...>

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WHAT LED bulb is equivalent to 100 watt?

Equivalent Wattages and Light Output of Incandescent, CFL, and LED Bulbs

Light Output	LEDs	Incandescents
750-900	6-8	60
1100-1300	9-13	75-100
1600-1800	16-20	100
2600-2800	25-28	150

2 more rows

LED Light Bulbs: Comparison Charts | Eartheasy Guides & Articles

<https://learn.eartheasy.com/guides/led-light-bulbs-comparison-charts/>

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What is 15w LED equivalent to?

Lamp Wattage Comparison

Incandescent	CFL	LED
40W	9-13W	5W
60W	13-15W	7W
75W	18-23W	9W
100W	25-30W	13W

10 more rows

Lamp Wattage Comparison CFL Equivalent LED incandescent bulb

https://www.ablamp.com/cfl_equivalent_led_incandescent_bulb.html

Search for: What is 15w LED equivalent to?

Can I put a 100w LED bulb in a 60w?

If your socket says not to exceed 60-Watts, it is referring the dangers of high heat output associated with incandescent bulbs. However, LED's do not emit dangerous levels of heat. Thus, if your fixture says "not to exceed 60-Watts" but you want to use a 100-Watt equivalent LED bulb, this would be safe to do so. Jul 16, 2015

Can I use a higher Watt LED equivalent bulb in a 60W fixture ...

<https://www.earthled.com/.../36300676-can-i-use-a-higher-watt-led-equivalent-bulb-in-a...>

Search for: Can I put a 100w LED bulb in a 60w?

What is the brightest LED light bulb?

The Brightest LED Bulb For General Use: The SANSI 40W LED Light Bulb is rated at 5500 lumens (approximately equivalent to a 350 watt incandescent bulb).Jun 4, 2019

The Brightest LED Bulb Of 2019 - Reactual

<https://reactual.com/home-and-garden/brightest-led-light-bulb.html>

Search for: What is the brightest LED light bulb?

Why do my LED lights hum?

While most LED lights are dimmable, a common complaint is hearing a buzzing sound coming from the lights when they are dimmed. The cause is almost always a compatibility issue between the dimmer and the LED's driver (power supply). ... CL dimmers will eliminate the buzzing on most brands of LEDs, but not all.

Are Your LEDs Buzzing? This may be the Fix...

<https://blog.recessedlighting.com/led-buzzing/>

Search for: Why do my LED lights hum?

How bright can LED lights get?

Since there is such an enormous difference between LED bulbs and incandescent bulbs and also a difference between fluorescent lighting and LED's it's not hard to figure out that the reasons that LED lights seem so much brighter is because they have a higher lumens output/watt which means that even though less power is ...Jun 9, 2016

Why are LED's so Bright? - LEDinAction

ledinaction.com/why-are-leds-so-bright/

Search for: How bright can LED lights get?

Are LED bulbs worth it?

LEDs cost 40 times more than incandescent, but since they use about 75 percent less electricity, they win in the long run. ... Since it costs \$20, it will take 16 years to recoup the cost in electricity savings. At five hours a day, the incandescent uses \$15.42 in electricity annually. The LED bulb uses only \$2.42 worth.Sep 6, 2013

Here's When LED Lighting Isn't a Bright Idea | Money Talks News

<https://www.moneytalksnews.com/heres-when-led-lighting-isnt-a-bright-idea/>

Search for: Are LED bulbs worth it?

Is it better to leave LED lights on?

Fluorescent lights do take a small surge of power when turned on, but this is significantly smaller than the amount saved by turning them off. It used to be that starting them shortened their life, but again this is not significant. It's always better to turn off modern lights if leaving for more than a minute.

Energy Myth Busters | Mount Holyoke College

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<https://www.myledlightingguide.com/led-shop-lights>

<https://www.mtholyoke.edu/mwce/energy-myths>

Search for: Is it better to leave LED lights on?

Why are LED bulbs so expensive?

components on the circuit board is often assembled by hand because its still too complicated for factory machines. The actual LED wafer can cost as much as \$8 a unit. The brightest LEDs generate blue light. ... Although LEDs burn cooler than Edison bulbs, they still need a conducting material to dissipate the heat. Aug 17, 2018

Why are LED light bulbs so expensive? - Quora

<https://www.quora.com/Why-are-LED-light-bulbs-so-expensive>

Search for: Why are LED bulbs so expensive?

Why are LEDs better?

Energy Efficient

LED lights are up to 80% more efficient than traditional lighting such as fluorescent and incandescent lights. 95% of the energy in LEDs is converted into light and only 5% is wasted as heat. ... Less energy use reduces the demand from power plants and decreases greenhouse gas emissions. Apr 4, 2013

The Advantages of LED Lights for the Environment

<https://www.sepco-solarlighting.com/.../the-advantages-of-led-lights-for-the-environmen...>

Search for: Why are LEDs better?

What are the disadvantages of LED lights?

Disadvantages. High initial price: LEDs are currently more expensive (price per lumen) on an initial capital cost basis, than most conventional lighting technologies. ... Over-driving an LED in high ambient temperatures may result in overheating the LED package, eventually leading to device failure. Sep 21, 2015

Advantages and Disadvantages of LED - LinkedIn

<https://www.linkedin.com/pulse/advantages-disadvantages-led-lucas-du>

Search for: What are the disadvantages of LED lights?

Why are LEDs so efficient?

Why Are LEDs So Energy Efficient? The main reason that LEDs use so much less electricity than incandescent lighting is that they don't produce light in the same way. ... Most incandescent bulbs waste about 90% of the electricity they consume as heat because of this, making them incredibly inefficient light producers.

Why Are LEDs So Energy Efficient? - 88Light

www.88light.com/?route=qanda40

Search for: Why are LEDs so efficient?

Are LED lights bad for your eyes?

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<https://www.myledlightingguide.com/led-shop-lights>

This is not the first time energy-saving bulbs have been criticized – fluorescent bulbs emit dangerous UV light. Eco-friendly LED lights may damage your eyes, according to new research. A study has discovered that exposure to LED lights can cause irreparable harm to the retina of the human eye. Nov 28, 2014

Do 'environmentally friendly' LED lights cause BLINDNESS? - Gunnar

<https://gunnar.com/do-environmentally-friendly-led-lights-cause-blindness/>

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Which light is best for eyes?

The Best Light Bulbs to Buy for Your Eyes

There are several other light bulbs that are a better choice for your eye health, including traditional incandescent bulbs, LED bulbs, and halogen bulbs. Warm white fluorescent CFLs can be a good replacement, but do know that they still emit a small amount of UV rays.

Choosing the Right Light Bulbs for Optimal Eye Health

<https://www.thejoint.com/texas/.../choosing-the-right-light-bulbs-for-optimal-eye-hea>

Search for: Which light is best for eyes?

Which light is good for eyes LED or CFL?

Compact Fluorescent Lights (CFLs): CFL bulbs produce fewer UV rays and are more energy efficient than bright white incandescent and fluorescent tube bulbs. They are less energy efficient than LED bulbs, but they usually cost less up front. As with LED bulbs, many people believe CFL bulbs are not dimmable. May 26, 2017

Best and Worst Light Sources for Your Eyes

<https://www.horizonlaservision.com/blog/best-and-worst-light-sources-for-your-eyes>

Search for: Which light is good for eyes LED or CFL?

Which light is better for eyes yellow or white?

So white light is more preferable than yellow light for studying purpose. White bulbs (6000k or higher) are better for study because White light releases certain chemicals in our body to make us attentive compared to yellow light. You may think of a bulb that is similar to natural sunlight. Oct 16, 2017

Which light bulbs are the best for studying, yellow or white? - Quora

<https://www.quora.com/Which-light-bulbs-are-the-best-for-studying-yellow-or-white>

Search for: Which light is better for eyes yellow or white?

What color light is best for working?

Researchers have found that exposure to short wavelength or blue light during the day directly improves alertness and performance. Blue-enriched white light stimulates the brain, improves alertness, performance, and sleep quality. Dec 20, 2018

LED Office Lighting: the Best Color Temperature to Increase ...

<https://www.superiorlighting.com/.../led-office-lighting-the-best-color-temperature-to-in...>

Search for: What color light is best for working?

What is the healthiest light bulb?

Discover the Best and Worst Light Bulbs for Your Health

Red Spectrum Light Bulbs. For optimal sleep, use red spectrum light bulbs in your bedroom in the evening. ...

Halogen Light Bulbs. Halogen lights are a blue-spectrum light bulb that offer a white, bright light that mimics daylight. ...

Incandescent Light Bulbs.

Oct 13, 2018

The Best and Worst Light Bulbs for Your Health — Alpha Emerged

<https://alphaemerged.com/journal/2018/10/12/light-bulb-and-health>

Search for: What is the healthiest light bulb?

What color light is best for sleep?

The answer will surely surprise you! The hamsters exposed to red light at night had significantly less evidence of depressive-like symptoms and changes in the brain linked to depression, compared to those that experienced blue or white light. However, total darkness at bedtime is still best for sleep. Oct 18, 2016

This Color Night Light Is Best For Sleep – The Color Will Surprise You!

<https://sciencemadefun.net/.../this-color-night-light-is-best-for-sleep-the-color-will-surpri...>

Search for: What color light is best for sleep?

What color induces sleep?

Here are study results on best colors for inducing sleep in a bedroom. 1. Pale Blue: Tops, this color was associated with feelings of calmness such as rippling water or blue sky; it's also said to help reduce blood pressure and heart rate. Jun 1, 2013

Secret to sleep? Study says bedroom color can affect rest, sex ...

<https://www.timesfreepress.com/news/life/entertainment/story/2013/jun/01/.../109604/>

Search for: What color induces sleep?

Do LED lights affect sleep?

Research has found that exposure to blue light suppresses the production of the sleep hormone melatonin more than any other type of light. Fluorescent bulbs and light-emitting diodes (LEDs) have taken over lighting because they are more energy efficient and can provide better lighting than incandescent bulbs. Feb 26, 2016

How Blue LEDs Affect Sleep - Live Science

<https://www.livescience.com/53874-blue-light-sleep.html>

Search for: Do LED lights affect sleep?

What is the most relaxing color?

A light gray is the perfect color to paint a room to create a calm and relaxing environment. Add in elements that are blue and white to complete the space. Watery blues that remind you of the blue sky or of the water are the most stress-reducing colors.

Calming Paint Colors That Can Reduce Stress | StyleCaster

<https://stylecaster.com/reduce-stress-paint-colors/>

Search for: What is the most relaxing color?

What color relieves stress?

Stress Reducing Colors to Calm You

Blue. Blue is a classic color that many turn to when decorating their homes. ...

Violet. Violet has a blue base, so it makes sense that this color would also be quite calming.

...

Pink. ...

Green. ...

Gray. ...

Tan. ...

White. ...

Yellow.

More items...

9 Peaceful Paint Colors to Help You Relax | WOW 1 DAY PAINTING

<https://www.wow1day.com/blog/paint-colors/9-peaceful-paint-colors-help-you-relax/>

Search for: What color relieves stress?

What Colour calms you down?

Blue is a very soothing color that helps calm your mind and reduces tension. Dec 10, 2015

Paint Colors that Relieve Stress and Help You Relax - Shape ...

<https://www.shape.com/lifestyle/mind-and-.../paint-colors-relieve-stress-and-help-you-rel...>

Search for: What Colour calms you down?

What color helps you sleep?

According to a survey conducted by Travelodge, participants who slept in a blue room got the best night's sleep, clocking in an average of 7 hours and 52 minutes of sleep per night. Moss green, pale yellow, and silver followed close behind. Aug 17, 2014

Paint Colors For Bedrooms That Can Help You Sleep (Seriously ...

<https://www.realsimple.com/home-organizing/decorating/.../paint-colors-for-bedrooms>

Search for: What color helps you sleep?

Can LED lights make you tired?

Will LED Light Bulbs Help You Fall Asleep? ... Researchers over the past few decades have discovered that exposure to low levels of light in the blue part of the spectrum can inhibit the natural production of melatonin, the hormone that makes you sleepy. Nov 2, 2011

Will LED Light Bulbs Help You Fall Asleep? - Forbes

<https://www.forbes.com/sites/michaelkanellos/.../will-led-light-bulbs-help-you-fall-asleep...>

Search for: Can LED lights make you tired?

What can LED lights do?

LED stands for light emitting diode. LED lighting products produce light approximately 90% more efficiently than incandescent light bulbs. ... To prevent performance issues, the heat LEDs produce is absorbed into a heat sink.

Learn About LED lights | ENERGY STAR

https://www.energystar.gov/products/lighting_fans/light_bulbs/learn_about_led_bulbs

Search for: What can LED lights do?

How do I stop LED lights from interfering with my TV?

What to do if you experience a problem

Use a compliant LED bulb. ...

Change the transformer to one with better EMI suppression, such as our Philips LED transformer.

Shorten the cable length and if possible use a shielded cable.

Add an EMI filter at the input / output of the transformer.

Jun 8, 2016

Possible Solutions to LED Lights Causing Electromagnetic ...

<https://reductionrevolution.com.au/.../118469381-possible-solutions-to-led-lights-causin...>

Search for: How do I stop LED lights from interfering with my TV?

Do you say LED or led?

The correct past and past participle of lead is spelled led. If you aren't sure whether to use led or lead as the verb in your sentence, try reading it aloud to yourself. If the verb is pronounced /LED/, use led.

Led | Definition of Led by Merriam-Webster

<https://www.merriam-webster.com/dictionary/led>

Search for: Do you say LED or led?

Can LED lights cause a fire?

Let's take a look at why it is highly unlikely that an LED bulb will overheat and cause a fire to break out, and what you can do to minimise your risk of electrical fire. LED light bulbs might be

hot to the touch, but they are nowhere near as hot as CFL, halogen or incandescent bulbs. Aug 15, 2016

Are LED Light Bulbs a Fire Risk? - LinkedIn

<https://www.linkedin.com/pulse/led-light-bulbs-fire-risk-david-lee>

Search for: Can LED lights cause a fire?

Do LED lights lose their brightness?

LEDs are long-life light sources which generally do not suddenly fail, but gradually lose their brightness and performance over time. ... In some poorly designed LED lights, bad heat sinking can result in overheating, which in turn could cause the LED to completely burn out or increase the rate of decline in brightness. Apr 18, 2017

How Long do LEDs Last? | Scott Lamp Company |

<https://www.scottlamp.com/2017/04/18/long-leds-last/>

Search for: Do LED lights lose their brightness?

Should I wear blue light glasses all day?

No, but seriously—people ask us everyday if they can wear blue light glasses just for style. The answer is a definite YES. Our blue light glasses not only protect your eyes from blue light but they also provide 100% UV light protection so they'll keep you protected outdoors as well.

Are Blue Light Glasses Right For You? | Pixel Blue Blocking Glasses

<https://www.pixeleyewear.com/pages/blue-light-glasses>

Search for: Should I wear blue light glasses all day?

Why is it bad to sleep with lights on?

Melatonin suppression caused by light is at the heart of much of the research linking nighttime light to sleep disorders and poor health. ... Bright light late in the evening — around midnight — can push your sleep/wake cycle back by half an hour or so, making you sleepy later in the evening the following night. Feb 6, 2013

Too Much Light: Ruining Not Just Your Sleep But Your Health Too ...

<https://www.everydayhealth.com/.../too-much-light-ruining-not-just-your-sleep-but-you...>

Search for: Why is it bad to sleep with lights on?

Do LED lights keep you awake?

The consensus seems to be that avoiding LEDs, either in the form of actual light bulbs or LED powered screens at least an hour before we go to sleep can help us fall asleep faster and sleep better. Jul 24, 2017

Can LED lights affect our sleep? | LEDwatcher

<https://www.ledwatcher.com/can-led-lights-affect-our-sleep/>

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Can you leave LED lights on all night?

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Fortunately, because they are cool to the touch and simply dim over time, LED lights do not present these hazards. ... With this in mind, it's a good idea to turn off your LED lights at night so the transformer has time to cool down and avoid the risk of overheating. Dec 14, 2016

Are LED Lights OK To Leave On All Night If You Want To Keep ...

<https://www.romper.com/.../are-led-lights-ok-to-leave-on-all-night-if-you-want-to-keep-...>

Search for: Can you leave LED lights on all night?

Do all LED lights emit blue light?

The eyes are especially sensitive to a part of the light spectrum called blue light. LED bulbs contain a lot more blue light than compact fluorescent lamps (CFLs) and incandescent bulbs, which are being phased out. ... Consumer Reports tested this claim and found that the bulb did emit less blue light than other LEDs. Jan 19, 2015

The Lowdown on LED Light Bulbs and Insomnia | SafeBee

www.safebee.com/home/lowdown-led-light-bulbs-and-insomnia

Search for: Do all LED lights emit blue light?

Is there blue light in LED lights?

LED blue light exposure

The physics of fluorescent lights can't be changed, but coatings inside the bulbs can be so they produce a warmer, less blue light. LED lights are more efficient than fluorescent lights, but they also produce a fair amount of light in the blue spectrum. Aug 13, 2018

Blue light has a dark side - Harvard Health

<https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

Search for: Is there blue light in LED lights?

Are blue LED lights harmful?

4. Blue light exposure may increase the risk of macular degeneration. The fact that blue light penetrates all the way to the retina (the inner lining of the back of the eye) is important, because laboratory studies have shown that too much exposure to blue light can damage light-sensitive cells in the retina.

7 Blue Light Facts: How Blue Light Is Both Bad and Good For You

<https://www.allaboutvision.com/cvs/blue-light.htm>

Search for: Are blue LED lights harmful?

Is there blue light in TV?

These LEDs emit very strong blue light waves. ... Sources of blue light include the sun, digital screens (TVs, computers, laptops, smart phones and tablets), electronic devices, and fluorescent and LED lighting.

Blue Light Exposed

www.bluelightexposed.com/

Search for: Is there blue light in TV?

Are computer glasses worth it?

If You Experience Eyestrain, They Are Probably Worth It

Just because it is normal, does not mean that it's ok. Your eye doctor will work with you and help to get those eyes feeling better! ... In addition, most computer glasses can help increase contrast, which makes it easier for your eyes to focus on a computer screen. Jan 31, 2013

Do Computer Glasses Really Work? - Lifehacker

<https://lifehacker.com/do-computer-glasses-really-work-5980509>

Search for: Are computer glasses worth it?

How do I know if I need computer glasses?

1. How do you know if you need computer glasses? Normally, the first symptom of eyestrain caused by computer work is not blurred vision, but eye fatigue, a headache, neck or back pain or sensitivity to light. Your eyes may also be dry or red, and you may experience a burning or stinging sensation. Oct 16, 2017

Computer glasses & computer reading glasses - Zeiss

<https://www.zeiss.com/vision.../computer-glasses-just-the-thing-for-the-workplace.html>

Search for: How do I know if I need computer glasses?

Do I need computer glasses?

A lot of us wear glasses to correct vision problems. But regular eyeglasses are not the same as computer glasses. Computer reading glasses are specially made to help reduce eye strain. They have an anti-reflective coating to help reduce glare and a tint that helps increase contrast for easier viewing.

Do You Need Computer Glasses? – Spektrum Glasses

<https://www.spektrumglasses.com/pages/do-you-need-computer-glasses>

Search for: Do I need computer glasses?

How can I protect my eyes from computer?

How do I protect my eyes while looking at a computer screen?

Make sure your glasses or contacts prescription is up to date and good for looking at a computer screen.

Move the screen so your eyes are level with the top of the monitor. ...

Choose a comfortable, supportive chair. ...

Try to avoid glare from windows and lights. ...

If your eyes are dry, blink more.

More items...

How do I protect my eyes while looking at a computer screen?

<https://www.webmd.com/.../how-can-i-protect-my-eyes-while-looking-at-a-computer-scr...>

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Are LED lights dangerous?

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Do 'environmentally friendly' LED lights cause BLINDNESS? - Gunnar

<https://gunnar.com/do-environmentally-friendly-led-lights-cause-blindness/>

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