



Energy Efficient Homes

The Retrofit Toolkit

Sheet no 12: Lighting

Types of lighting, from worst to best

- Incandescent
- Halogen
- Compact Fluorescent (CFL)
- Light Emitting Diode (LED)

Modern Light Emitting Diodes (LED) provide the most efficient and long-lasting type of low-energy lighting systems available. They save up to 90% of the energy required for old fashioned incandescent bulbs, and are therefore the best in terms of both cost and carbon emissions.

Earlier low-energy light bulbs (Compact Fluorescent Tubes – CFL) sometimes acquired a poor reputation because they took a long time to brighten up and were ugly. LED's come to full brightness instantly, produce light in various shades of colour and can be dimmable. They are also available in a wide variety of shapes including traditional bulbs and tubes.

When buying light bulbs make sure you get the right shape and size of fitting – the best way is to take an old bulb with you.

Switch off when not in use!

NB: To save energy don't just use the most efficient bulbs – always switch off the lights when you leave a room and in areas where they are not needed.

For further information about the different types of lighting, see:

www.cse.org.uk/advice/energy-efficient-lighting

<https://energysavingtrust.org.uk/advice/lighting>



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