

LIELECTRO

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LED Light Colors for a Calm, Relaxing Home

Quick Reference Guide

A companion cheat sheet from lielectro.com

Kelvin ranges • fast facts • setup checklist • buying guide

The 60-Second Cheat Sheet

Match your situation to a Kelvin range. This is the fast version — for the full explanation of why each range works, see the full article on lielectro.com.

Situation	Best Kelvin	Color to look for
Falling asleep fast	1,800K – 2,200K	Deep red / amber
Winding down, living room	2,200K – 2,700K	Warm white
Reading before bed	2,700K	Warm white, dimmed
Evening bath / shower	2,200K – 2,700K	Warm white, low brightness
Meditation or yoga corner	1,800K – 2,400K	Amber, very dim
Nursery wind-down light	1,800K – 2,200K	Deep red / amber nightlight
Home office, evening use	2,700K – 3,000K	Warm white

Rule of thumb

If it doesn't look like it could come from a candle or a sunset, it's probably too cool for a relaxing space. Pair the right color with a dimmer for the biggest effect.

5 Fast Facts You Can Quote

Pulled from sleep and lighting research, condensed for quick reference.

- 1** **8 lux** — is roughly the brightness of a typical table lamp, about twice a night-light, and that's already enough light to measurably interfere with melatonin secretion.

Source: Harvard Medical School / Harvard Health Publishing

- 2** **2x** — Blue light suppressed melatonin for roughly twice as long as green light of the same brightness in a controlled 6.5-hour exposure study, and shifted circadian timing twice as much.

Source: Harvard Medical School blue-light study

- 3** **1,800–2,200K** — is the narrowest, most effective range for the last hour before sleep — close to candlelight, with almost no blue content.

Source: Lighting-industry Kelvin guidance

- 4** **400–495nm** — is the wavelength band for blue light, the most stimulating part of the visible spectrum and the one most responsible for delaying sleep onset.

Source: Visible-light spectrum reference

- 5** **90+** — is the CRI (Color Rendering Index) threshold to look for if you want a warm bulb that actually looks like warm light, not a flat, slightly artificial orange.

Source: LED product specification standard

3-Step Setup Checklist

A practical order of operations for converting a room from “bright and alert” to “calm and relaxing,” without buying more than you need.

Step 1 — Audit what you already have

- ☐ Check the Kelvin rating on your current bulbs (box or product page)
- ☐ Note which rooms you actually wind down in each evening
- ☐ Identify any bulb above 3,000K in those rooms — that's your swap list

Step 2 — Swap the rooms that matter most first

- ☐ Bedroom: swap to 1,800K–2,700K first — highest impact on sleep
- ☐ Living room: swap the main seating-area light second
- ☐ Leave kitchens and workspaces as-is — you need the brighter light there

Step 3 — Add control, not just color

- ☐ Put at least one relaxing-zone light on a dimmer
- ☐ Consider a smart bulb for rooms where you'll want both work light and wind-down light
- ☐ Set a warm “evening” scene once, so you're not adjusting it nightly

Buying Checklist

Tick these off before you add a bulb to your cart.

- ☐ Kelvin rating is 2,700K or lower (check the spec, not just the word “warm”)
- ☐ Dimmable — confirm it's compatible with your existing dimmer switch, if any
- ☐ CRI of 90 or higher for natural-looking warm tones
- ☐ Flicker-free driver, stated explicitly on the listing
- ☐ App or remote control, if you want to switch color through the evening

Common Mistakes to Avoid

- ☐ Buying “warm white” without checking the actual Kelvin number
- ☐ Running a warm bulb at full brightness — dim it in the evening
- ☐ Relying on one overhead fixture instead of a few smaller, warmer sources
- ☐ Using warm, low-Kelvin light in the morning — it can delay your wake-up signal

Want the full breakdown? The complete guide — with the science, room-by-room advice, and product picks — is on lielectro.com. This cheat sheet is yours to keep, print, or share.