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Living Spaces · Healthy Homes

Healthy Home Lighting Checklist

A simple self-assessment and room-by-room guide to lighting that supports better sleep, mood, and energy at home.

Companion resource to: Circadian Lighting: The Overlooked Secret Behind Better Sleep at Home

How to Use This Checklist

Your home's lighting affects far more than how a room looks. It shapes your sleep, mood, focus, and energy by working with, or against, your body's natural internal clock.

This checklist has three parts: a quick self-assessment, a room-by-room action list, and a set of daily habits. Work through it in order, or jump straight to the rooms that matter most to you.

TIP

Start with the bedroom and home office. These two rooms have the greatest influence on your sleep and daytime energy.

Part 1: Self-Assessment

Is Your Home Circadian-Friendly?

Answer each question honestly with a yes or no to see where your home currently stands.

Question	Yes	No
Do you receive natural daylight within 30 minutes of waking?	☐	☐
Do you keep curtains open during the day?	☐	☐
Do you use warm lighting (2700K–3000K) after sunset?	☐	☐
Do you dim lights at least one hour before bed?	☐	☐
Is your home office located near a window?	☐	☐
Do you avoid bright screens before sleeping?	☐	☐
Are bedroom lights dimmable?	☐	☐
Do you use layered lighting instead of one bright ceiling light?	☐	☐
Does every room have lighting suited to its purpose?	☐	☐
Do you wake up feeling refreshed most mornings?	☐	☐

Your Score

- 8–10 Yes: Excellent circadian lighting habits.
- 5–7 Yes: Good foundation, with room for improvement.
- 0–4 Yes: Your lighting may be affecting your sleep, mood, and daily energy.

Part 2: Room-by-Room Checklist

Work through each room and check off items as you complete them.

Bedroom

- Use warm bulbs (2700K–3000K) for evening lighting
- Install a dimmer switch or dimmable bulbs
- Turn off bright overhead lights at least one hour before bed
- Keep bright screens and displays out of the bedroom at night

Living Room

- Use layered lighting: ambient, task, and accent
- Add warm floor or table lamps for evening use
- Open curtains fully during the day to maximize daylight

Kitchen

- Use brighter, cooler task lighting (3500K–4500K) over counters and stoves
- Add under-cabinet lighting for food preparation areas

Bathroom

- Use bright task lighting near mirrors
- Add a warm, dim night-light for nighttime use

Home Office

- Position your desk near a window for daylight access
- Use cool, bright light (4000K–5000K) during work hours
- Control glare on screens from direct sunlight

Children's Room

- Use warm, dim lighting in the evening to support healthy sleep routines
- Ensure daytime access to natural light

Part 3: General Daily Habits

- Open curtains within 30 minutes of waking
- Dim lights at least one hour before bed
- Avoid bright screens in the hour before sleeping
- Use light-colored, reflective interior finishes to maximize daylight
- Revisit this checklist every few months as your rooms and routines change

TIP

Print this checklist or save it to your phone, and re-run the self-assessment every 3 months to track how your home's lighting habits are improving.

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