

Sunlight is important for life. While generating light and warmth, it also provides a means for humans to produce different vitamins. When planning a room, an interior designer should take these things into consideration. Increasing natural lighting, although challenging, can be very advantageous. It is better for the consumer in respects to both health and budget. Knowing how to incorporate natural sunlight into interior spaces while decreasing the negative effects of doing so, such as glare, is the responsibility of the designer. Items such as light shelves and light pipes can aid in his or her endeavors. Light shelves help increase natural light by taking the light that would normally hit below a window and reflecting it into the house. While having a similar function, light pipes work completely differently. They take light that would never have naturally entered a room, except by the help of a skylight, and bring it straight through the ceiling into the space. With the increased natural lighting, the space is bright, more inviting, and offers an atmosphere of productivity. Besides light shelves and light pipes, the way the house itself is designed can increase natural lighting while decreasing the chance of glare throughout the space. For example, if the house has large windows on the east and west walls, the sunlight would come directly into the space, increasing the possibility for glare. However, if the windows were on the north and south walls, the natural light would still come in, just not directly, decreasing the potential for glare. A final way to decrease the potential for glare in a space is by arranging the furniture in a way so that it does not get direct sunlight. For example, if direct sunlight enters a room through a window, a TV or computer should not be placed directly across from that window. They should be placed on either wall perpendicular to the window. Each of these aspects play a key role in designing a space with natural light and should all be considered beforehand.