

Bedroom Lighting Planner

A quick-reference lumens chart by room size, a 4-layer legend, and a worksheet to plan your own room — fill it in before you shop.

The 4 Lighting Layers



AMBIENT

General overhead light. 40-50% of your total lumens.



TASK

Bedside lamps for reading. 25-35% of total.



ACCENT

Sconces, strips, art light. 10-20% of total.



MOOD / NIGHT

Low-glow evening light. 5-10% of total.

Quick-Reference Chart

Match your room to the closest size band below to get a starting lumens target for each layer.

Room Size	Ambient	Task/Lamp	Accent	Total Range
Small (80-100 sq ft)	800-1,200 lm	400-450 lm	150-250 lm	1,400-2,200 lm
Medium (120-150 sq ft)	1,200-1,800 lm	450-600 lm	200-300 lm	2,000-3,200 lm
Large (180-220 sq ft)	1,800-2,400 lm	500-650 lm	250-400 lm	2,800-4,200 lm
Primary Suite (240+ sq ft)	2,400-3,200 lm	600-800 lm	350-500 lm	3,800-5,500 lm

Ceiling above 9 ft? Add 20-30% to the ambient figure. Mood/night layer runs roughly 50-250 lm depending on room size.

Your Room Worksheet

ROOM BASICS

ROOM LENGTH (FT)

ROOM WIDTH (FT)

TOTAL SQUARE FOOTAGE

CEILING HEIGHT (FT)

CURRENT FIXTURE COUNT

LIGHTING TARGETS

TARGET AMBIENT LUMENS

TARGET TASK LUMENS (PER LAMP)

TARGET ACCENT LUMENS

TARGET MOOD/NIGHT LUMENS

TOTAL TARGET LUMENS

Designer tip: Fill in your totals from the chart, then shop by lumens and Kelvin (2700-3000K for a bedroom) rather than by wattage — wattage tells you energy use, not brightness. Keep every layer on its own switch or dimmer so you can combine them differently by time of day.