



Circadian Lighting



Showroom: 11-12b, 287 Military
Road, Cremorne NSW 2090



1300 331 529



www.lalounge.com.au



mail@lalounge.com.au



About Us

Creative Lighting. Sustainability Circadian Rhythm.

Established in 2009 - LA Lounge is a lighting design & supply company that specialises in high-end lighting design & DALI lighting control in Residential, Multi-Res & Commercial projects. LA Lounge is in the business of creating atmosphere and warmth through the magic of architectural lighting. Offering lighting, automation and electrical design. LA Lounge is passionate about merging the art and science of lighting, transforming a 2-dimensional plan into the 3-dimensional world. Easy to install & compatible with all home automation & dimming systems - making it a go to for trades, designers & architects.

LA Lounge has been established for over 15 years and focuses on technical aspects of creative architectural lighting. They are one of the first Australian companies that introduced DALI lighting (Circadian / Human Centric Lighting) control in residential projects. LA Lounge is based in Sydney, with projects located all across Australia and Europe. LA Lounge has a well-established range of architectural and decorative lighting. Including our Confidential in-set plaster range.

La Lounge has a team of Lighting Architects that are ready to help design a bespoke lighting system for you and your home. We'll be here to help you throughout the process and liaise with all relevant parties throughout the build.

As one of the first Australian companies to introduce DALI lighting control to the residential market, the LA Lounge team's expertise is sought after by a broad spectrum of

DALI Lighting Control. Qualified Designers

professionals on projects in Australia, New Zealand, the UK and Europe. LA Lounge clients include leading interior designers and architects, award winning builders and automation companies as well as homeowners seeking to create their own stunning dream homes.

Why work with us?

- We create energy efficient, sustainable lighting solutions
- We offer technical lighting specifications and documentation for tender purposes (lighting plans, data sheets and schedules).
- Our stylish, hand-selected light fittings, Australian designed luminaires and lighting ranges compliment all architectural styles.
- Our experienced team of lighting professionals have expert knowledge on the cutting edge of lighting innovation, including, DALI lighting, Circadian Rhythm Lighting and LED dimming.
- We have over 20 years proven experience in producing premium design outcomes.
- For more information please contact 1300 331 529
www.lalounge.com.au / mail@lalounge.com.au



Circadian Lighting

What is Circadian lighting?

Also known as Human Centric Lighting, Circadian Lighting mimics the intensities and colour temperature changes of the sun throughout the day. Individual light fittings are “tunable”, meaning their colour temperatures can be shifted through the spectrum of warm white to cool white. These settings can be programmed via the lighting control system (DALI) to happen automatically throughout the day and/or night in conjunction with dimming to save energy.

Why install a Circadian Lighting System?

Proven health benefits - the effects of changes in light characteristics in synchronicity with the human body clock have been shown to improve mood, sleep, well being and increase productivity. Circadian lighting settings can be finely tuned by the end user to their individual personal preferences. Economical to install and cost effective to run, circadian lighting systems represent the future of lighting.

Circadian lighting should provide a strong daytime light signal, telling our brain that it is daytime and to perform all the functions it needs to during the day. At night, we want to reduce that daytime light signal to help our bodies wind down, telling our brain to perform nighttime functions.

LA Lounge combine Circadian Lighting, DALI control and considered lighting schemes to enhance the functionality and enjoyment of a space while highlighting aesthetics and key design elements.

Productivity

Lighting to optimise circadian health continues to gain popularity and many homeowners are interested in circadian lighting as a means of and understanding whether happier, more energised individuals result in increased productivity. Benefits of circadian lighting go beyond wellness and offer a new way to increase productivity and motivation throughout the day. Some studies suggest circadian lighting can promote productivity, citing an increase in people's energy and vitality – particularly at the start and middle of the day. Research continues to look at methods for bringing key aspects of daylight indoors and how that might have a beneficial effect on memory recall and other tasks.

Wellness

Wellness is becoming more of a central theme in the design and a critical part of each of our daily routines. We know that subtle changes in lifestyle can allow us to feel better, which has a significant ripple effect on our overall feelings of well-being. Circadian lighting is one way we can design better spaces to create subtle, yet meaningful change in our lifestyle. With true circadian lighting, our bodies are getting better daytime light signals which can help improve sleep, mood, and our overall sense of well-being.

Circadian lighting sends signals to our internal master clock which regulates all kinds of hormone production, telling our bodies when and what to do during the day and even at

night

while we sleep. Sending strong light signals to the master clock promotes better sleep, reduced fatigue, and increased concentration which all contribute to how motivated we feel.



DALI Lighting

What is DALI lighting?

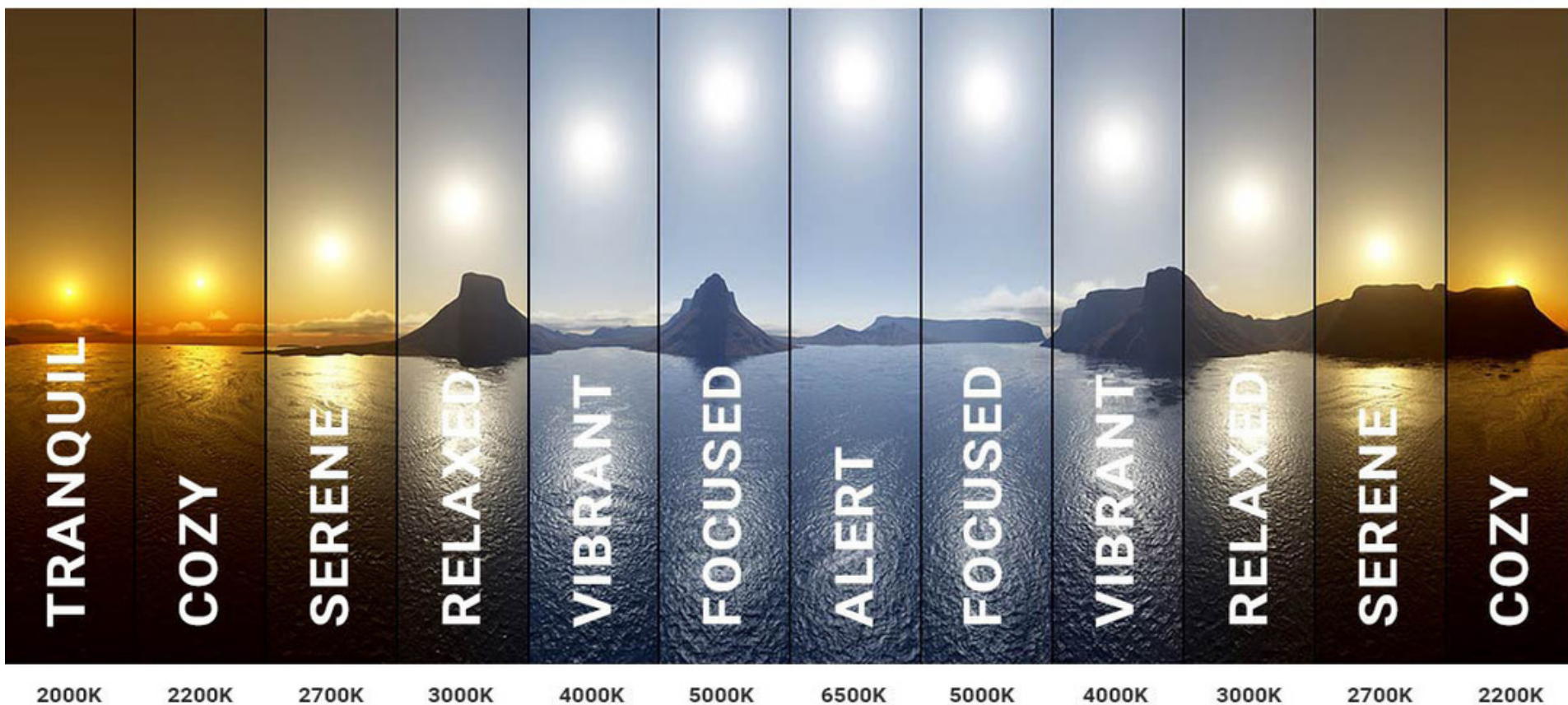
DALI stands for Digital Addressable Lighting Interface and is an automated dimming protocol. DALI is a two-way communication system that allows any system faults to be pinpointed and swiftly resolved either on site or remotely. End users can make changes to suit their own preferences without having to arrange a technician to attend their home. It is unique and different to other control systems as each driver or ballast has its own individual address. A DALI lighting system can be easily controlled by either wall switches and control panels or by an app on your smartphone.

Why DALI?

A DALI system is less expensive to install than other automation systems as it is faster for the electrician to wire and uses less costly electrical components. DALI system distribution boards require less physical space than other automation systems. DALI provides greater flexibility in creating lighting moods as any light can be either turned on individually or grouped without changing the wiring.

Integration with a wide range of other control systems is possible e.g., Control4, Philips Dynalite, KNX, Clipsal C-Bus, Crestron Home, Lutron and so much more...





Colours

Colour tuning or tunable white lighting refers to a specific kind of LED technology where the hue of white light can be changed to appear warmer (more yellow) or cooler (bluer) over a period of time. Colour tuning technology is often advertised as a way of simulating the colour of daylight from sunrise through the day to sunset.

Color tuning allows users to control the color (or hue) of their white light – from warm white (more yellow), neutral white, all the way to cool white (bluer) – and for each different hue, users can also adjust the light intensity. These dynamic lighting

systems offer environmental ambiance and may have other psychological benefits, but they fail to target how our bodies respond to light biologically.

The reason color tuning fails to meet our biological needs is that virtually all color

tuning systems use white LEDs that were designed specifically for vision only. This means that while color tuning allows users to adjust light intensity and hue, the LEDs were not designed to target the circadian system. Because traditional white LEDs were designed for vision and energy efficiency, they do not deliver the key sky-blue wavelengths of

light our brains need to effectively stimulate the circadian system.

True and effective circadian lighting includes a specific part of the light spectrum (490nm), that helps regulate our circadian rhythms – this sky-blue signal is not found in traditional LEDs. This important part of the light spectrum sends the strongest

circadian signal to our brains which ultimately provide benefits that could help reduce chronic health conditions related to our perpetual “indoor lifestyle” by improving mood, sleep, and overall sense of well-being.

Tunable White

The Circadian Rhythm can be maintained by using light that can be adjusted to mimic the colour temperature of the sun between sunrise and sunset. Circadian Rhythm refers to your bodies natural internal 24hr body clock that is running in the background of your brain and cycles between sleepiness and alertness at regular intervals. It's also known as your sleep/wake cycle.

For most adults, the biggest dip in energy happens in the middle of the night (somewhere between 2:00am and 4:00am, when they're usually fast asleep) and just after lunchtime (around 1:00pm to 3:00pm, when they tend to crave a post-lunch nap). Those times can be different if you're naturally a night owl or a morning person.

Being able to use lighting to emulate your natural circadian rhythm will be extremely beneficial for your productivity throughout the day and restoring your bodies natural sleep cycle for a better nights sleep. As well as being versatile in that

you can change the colour temperature or dimming settings at anytime of the day, Tuneable White is adaptable to your own personal needs for example you can prepare & cook your

dinner in your kitchen area at a bright 4000k & then enjoy your food while relaxing with a nice warm light temperature of 2500K.



Lighting Tips

The colour temperature of your light should be chosen based on where and why you need it. This can be determined during the lighting design process.

For example, warm light at around 2700 to 3000k is ideal for your home. The almost yellow glow helps to create a warm, cosy, and friendly atmosphere for you and your family to relax in. However, this is not the optimal lighting choice for productivity. Warm light creates a lot of contrast, meaning your eyes must work to adapt, which becomes tiring. Therefore, for an office or other working environments, we recommend using cooler lighting between 3500 and 5500k.

Here's a breakdown of typical light bulb colour temperatures and their source:

- 1800k - Candle Flame, sunset/sunrise
- 2400k - Standard incandescent lamps
- 2550k - Soft white incandescent lamps
- 2700k - Soft white compact fluorescent and LED lamps
- 3000k - Warm white compact fluorescent and LED lamps
- 3200k - Studio lamps / photofloods
- 5000k - Cool white / daylight compact fluorescent lamps
- 5500-6500k - Daylight, overcast, electronic flash
- 6500-9500k - LCD or CRT screen
- 15,000-27,000k - Clear blue poleward sky



MICRO LED INSTALLED IN OFFICE JOINERIES TO HIGHLIGHT BOOKS AND FEATURES



LED INSTALLED UNDER MASSAGE ROOM VANITY COLOUR CHANGING DOWNLIGHTS FOR SOFT TASK LIGHTING



COLOUR CHANGING DOWNLIGHT INSTALLED TO SOFTLY HIGHLIGHT CEILING SURFACE MOUNTED SPOUT AND CCT LED INSTALLED IN CEILING TO SOFTLY FRONTLIGHT FEATURE TEXTURED WALL



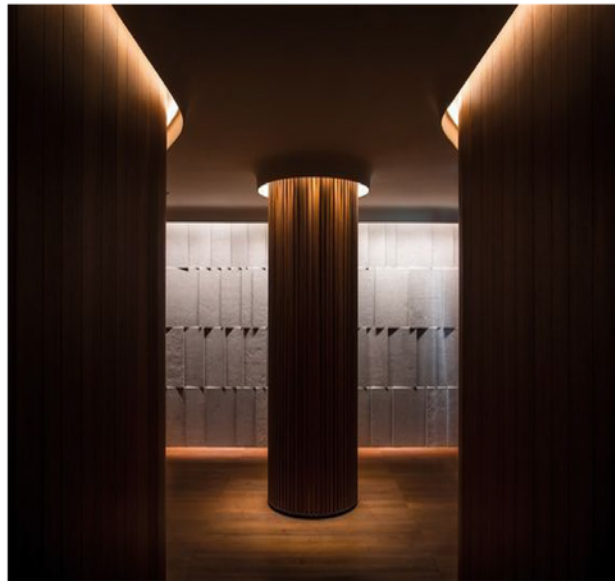
COLOUR CHANGING LED INSTALLED UNDER SAUNA SEATINGS TO CREATE A SOFT FLOAT EFFECT



LED INSTALLED UNDER EXTERNAL STAIRS TO CREATE A FLOAT EFFECT PIN LIGHTS INSTALLED AS LOW LEVEL LIGHTS TO SOFTLY WASH ACROSS EXTERNAL PATHWAYS



PIN LIGHTS INSTALLED AS INGROUND UPLIGHTS TO WASH UP AND HIGHLIGHT FEATURE STONE WALLS



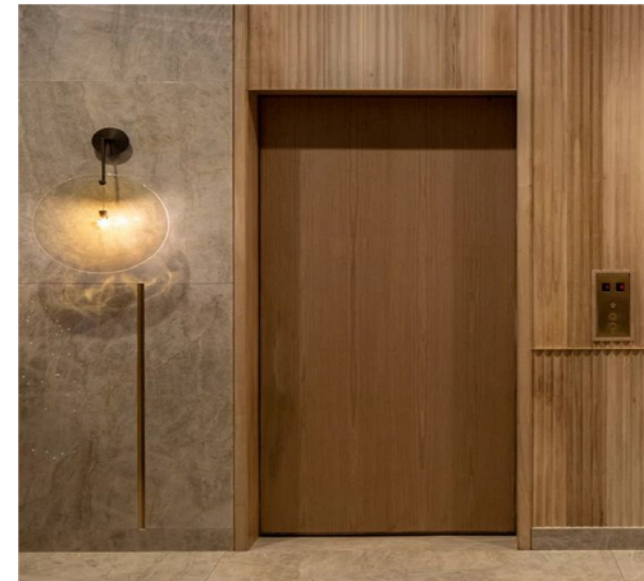
FLEXIBLE LED INSTALLED IN CEILING TO SOFTLY WASH ONTO FEATURE LOBBY WALLS



LED INSTALLED IN SHOWER CEILINGS TO SOFTLY WASH ONTO WALLS



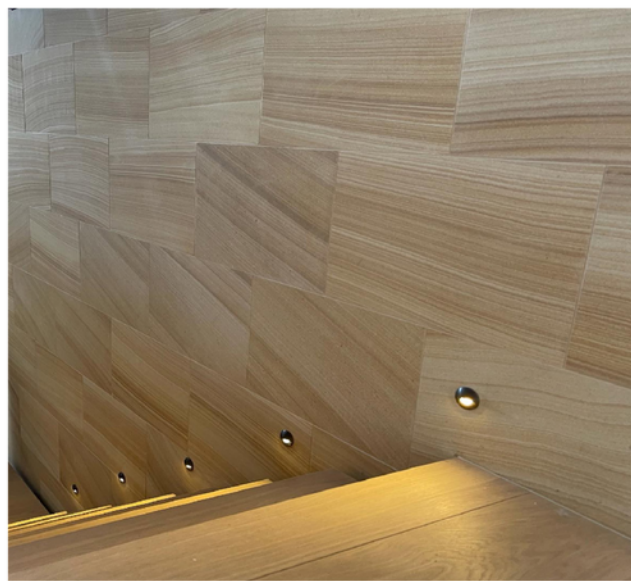
LED INSTALLED UNDER BATHROOM VANITIES TO CREATE A SOFT FLOAT EFFECT



DECORATIVE WALL LIGHTS FOR AMBIENT LIGHTING IN HALLWAYS



LANDSCAPE LIGHTING AMBIENCE



PIN LIGHTS INSTALLED AS LOW LEVEL LIGHTS TO SOFTLY WASH ACROSS INTERNAL HALLWAYS

Lighting Architects

Established in 2009 by Glenn and Susan Stokes, LA Lounge specialises in highend lighting design and DALI lighting control. LA Lounge was formed to combine a passion for the technical and a flair for the creative aspects of architectural lighting. As one of the first Australian companies to introduce DALI lighting control to the residential market, the LA Lounge team's expertise is sought after by a broad spectrum of design professionals on projects in Australia, New Zealand, the UK and Europe.

The team at La Lounge offers clients a sustainable, energy-efficient and personalised lighting solution like no other. Their Australian designed luminaires and lighting

range compliment

any architectural designed home. With 15+ years of experience,

their team of Lighting Professionals have produced bespoke premium design outcomes for homeowners in Australia and Europe. With Cutting edge innovation and solutions which include DALI and Circadian Rhythm Lighting, they're able to personalise indoor and outdoor living environments through integration of all the services clients rely upon and according to

clients lifestyle with total simplicity – all beautifully

incorporated

into the interior and exterior design.

LA Lounge clients include leading interior designers and architects, award winning builders and automation companies

as well as homeowners seeking to create their own stunning

16 LA LOUNGE
am-homes





FLEXIBLE LED TO WASH FEATURE CURVED WALLS IN HALLWAYS AND THROUGHOUT



VERTICAL LED IN MIRROR FOR TASK AND GENERAL LIGHTING



LIGHTING INSPIRATION FOR LOUNGE AREA



CURVED LED LIGHTING INSPIRATION



LED INSTALLED UNDER OVERHEAD KITCHEN AND PANTRY CABINETS



FLEXIBLE LED INSTALLED IN PELMET TO WASH DOWN ONTO CURTAINS



LED INSTALLED UNDER SAUNA SEATS TO SOFTLY WASH DOWN AND CREAT AMBIENCE



LOW LEVEL PLASTER LIGHTS INSTALLED FOR PATHWAY LIGHTING AT NIGHT



STAIR LED INSPIRATION



45 DEGREE PROFILE AND LED INSTALLED IN WARDROBE JOINERY TO SOFTLY LIGHT CLOTHING



LED INSTALLED UNDER BATHROOM VANITIES TO CREATE A FLOAT EFFECT



EXTERNAL LED INSPIRATION





Transform Your Home

When choosing the colour temperature for your space, you need to consider the finishes and colour palette used with your interior design. Reds, oranges and yellows look stunning when illuminated with warm white light (3000k). Whereas blues and greys can look clean and crisp under cool white light (4000k). For kitchen and bathroom areas, practicality is important. This can be achieved with plenty of cool light available to mimic natural daylight. On top of this, kitchens and bathrooms are generally white, and with the use of cool light a clean and sterile feel can be created. Once you've decided on the look and feel you're going to create, our Lighting Design Architects will help you transform your home.

Our team are Award-Winning Lighting Architects with over 15+ years of experience supplying superior lighting design schemes for residential and luxury projects. We understand the science and art behind lighting and can source any fixture required to enhance the look of your space. By booking a consultation at our showroom, our Lighting Architects will design a bespoke lighting system exclusively for you and your home.

*By appointment only**
Showroom:
1125-287 Military Road,
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Our Fittings

With over 200 unique designs, all LA Lounge fittings are energy efficient and able to be used on all dimming systems.



Hush Mini Round



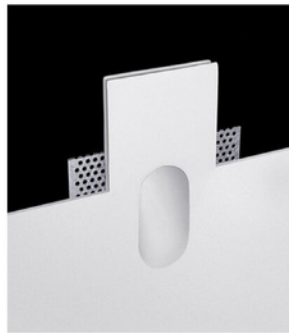
Iris



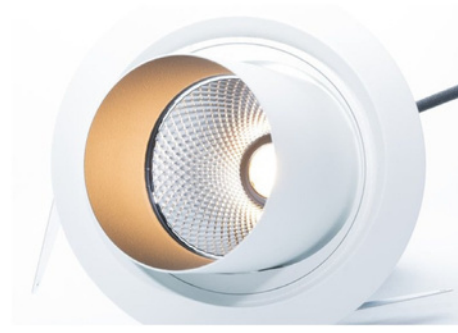
Deep Cover Adjustable



Midnight



Hush Mini Round



Iris



Deep Cover Adjustable

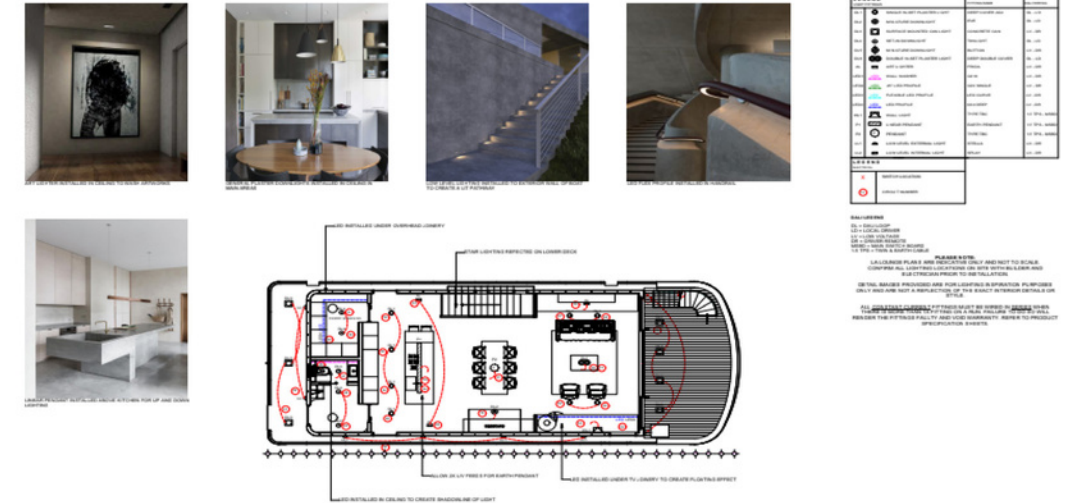


Titan Two

Our Projects

RIVER THAMES HOUSEBOAT

LA Lounge has an impressive and extensive catalogue of past and present projects. Located in London on the River Thames, this three level houseboat features a sumptuous DALI controlled, circadian rhythm lighting system, fully designed by LA Lounge.



GOLD COAST PENTHOUSE

LA Lounge were engaged to design a stunning DALI controlled, circadian lighting system for all 38 apartments, penthouse and common areas in this luxury complex located on the Gold Coast.





Want to know more?

Request a quote, inquire about a collaboration or book a showroom consultation today!

Head Office:
2/9 Apollo Street,
Warriewood NSW 2102

Showroom:
11-12b, 287 Military Road,
Cremorne NSW 2090

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