

UNDERSTANDING LIGHT QUALITY: A GUIDE TO CCT & CRI



What is CCT?

Correlated Colour Temperature or CCT is simply a way of categorising the particular hue of white light a source produces. It sounds odd that white lights aren't necessarily white, but we experience the same thing in nature every day. While a golden summer sunrise can lift your spirits, an overcast winter day will dampen them. Similarly, a warm white 3000K light source in your bathroom will give you a healthy glow, but a cool white daylight white of 6500K will make you look pale and sickly. It is for this reason that picking the right colour temperature for the application can make a big difference to the morale of the people who occupy it. The latest developments in lighting can even provide a tunable white light source that can, with the right accessories, be made to simulate the changing colour of daylight from dawn till dusk. Flick Lighting provide a range of colour temperatures to suit the application and in addition can provide tunable white too.



Low CRI



High CRI

What is CRI?

The Colour Rendering Index (CRI) of a light source is a measure of how naturally and accurately it can reproduce the colours of the objects, people and places it illuminates. The higher the number, the closer to the spectrum of daylight it is and a CRI of 100 would be indistinguishable from daylight in its ability to produce colour. However, for various reasons, reproducing the exact spectrum of daylight is currently just not practical. The good news is that for most applications CRI 80 is perfectly acceptable with CRI 90 usually reserved for the most demanding situations where the lighting absolutely has to be the best available; In retail, where high CRI can be the difference between that new jacket looking a bit drab or grocery products looking stale; In photography, where colours can't be captured if they're not even there; In health, where a correct diagnosis can depend on it. Flick lighting uses only CRI 80+ LEDs on all interior products with CRI 90+ available on request and in addition, the majority of our external range are also CRI 80+. So with Flick Lighting, you can be sure that the colour you see is the colour that's there.