

Room-by-Room Lighting and Acoustic Implementation Checklist

Transform your home's comfort level with this comprehensive, actionable checklist

LIVING ROOM

Lighting Improvements

- ☐ Install dimmer switches on main overhead fixtures
- ☐ Add 2-3 table or floor lamps for ambient lighting layers
- ☐ Position task lighting near reading chairs and sofas
- ☐ Use warm LEDs (2700K-3000K) for evening comfort and relaxation
- ☐ Place mirrors strategically to reflect and amplify natural light
- ☐ Keep windows unobstructed during daylight hours
- ☐ Add accent lighting behind TV or artwork to reduce eye strain

Acoustic Improvements

- ☐ Install area rugs on hard flooring (minimum 8×10 ft for seating areas)
- ☐ Hang heavy curtains or drapes instead of blinds
- ☐ Add throw pillows and soft furnishings to seating
- ☐ Position large bookshelf against shared walls as sound buffer
- ☐ Consider acoustic wall panels disguised as artwork
- ☐ Use upholstered furniture instead of leather or hard surfaces

BEDROOM

Lighting Improvements

- ☐ Install blackout curtains or room-darkening blinds
- ☐ Add bedside lamps with warm, dimmable bulbs (under 2700K)
- ☐ Cover or remove LED indicators from electronics and clocks
- ☐ Install overhead dimmer switch set to lowest comfortable level
- ☐ Consider sunrise alarm clock for natural wake-up lighting
- ☐ Use red-filtered night lights for midnight navigation
- ☐ Position reading lights to avoid partner disturbance



Helping Architecture Firms Scale with On-Demand, US-Trained Remote Architects (Level I, II & III)

Room-by-Room Lighting and Acoustic Implementation Checklist

Transform your home's comfort level with this comprehensive, actionable checklist

Acoustic Improvements

- ☐ Install thick, heavy curtains for dual light/sound blocking
- ☐ Add carpet or thick area rugs to minimize footstep noise
- ☐ Apply weatherstripping around windows and doors
- ☐ Use soft, absorbent bedding and multiple pillows
- ☐ Position bed away from shared walls when possible
- ☐ Add white noise machine or fan for sleep masking
- ☐ Install door sweep to block hallway noise

HOME OFFICE

Lighting Improvements

- ☐ Position monitor perpendicular to windows to avoid screen glare
- ☐ Install adjustable desk lamp with focused task lighting
- ☐ Use daylight LEDs (5000K-6500K) for alertness and focus
- ☐ Add ambient lighting behind computer to reduce eye strain
- ☐ Ensure shadow-free keyboard and paperwork areas
- ☐ Install overhead lighting with dimmer control
- ☐ Use bias lighting (LED strip) behind monitor

Acoustic Improvements

- ☐ Install acoustic foam panels or fabric-wrapped panels on walls
- ☐ Add thick area rug under desk and chair area
- ☐ Use heavy curtains instead of blinds
- ☐ Position desk away from high-traffic areas
- ☐ Install door with solid core for better sound isolation
- ☐ Add white noise machine for concentration
- ☐ Use soft furnishings (ottoman, fabric chair) to absorb sound



**Helping Architecture Firms Scale with On-Demand,
US-Trained Remote Architects (Level I, II & III)**

Room-by-Room Lighting and Acoustic Implementation Checklist

Transform your home's comfort level with this comprehensive, actionable checklist

KITCHEN

Lighting Improvements

- ☐ Install under-cabinet LED strips for task lighting on counters
- ☐ Add pendant lights over island or breakfast bar
- ☐ Use bright, cool LEDs (4000K-5000K) for food preparation areas
- ☐ Install dimmer switches for dining and evening ambiance
- ☐ Ensure shadow-free lighting at sink and stove areas
- ☐ Add interior cabinet lighting for better visibility
- ☐ Use recessed lighting for general illumination

Acoustic Improvements

- ☐ Install soft-close cabinet doors and drawers
- ☐ Add runner rugs in high-traffic areas
- ☐ Use sound-absorbing window treatments
- ☐ Consider acoustic ceiling tiles if open to living areas
- ☐ Install rubber mats under small appliances
- ☐ Choose quieter appliances when replacing existing ones
- ☐ Add fabric elements (seat cushions, window treatments)

BATHROOM

Lighting Improvements

- ☐ Install vanity lighting on both sides of mirror (not above only)
- ☐ Use bright, neutral LEDs (3500K-4000K) for grooming tasks
- ☐ Add dimmer switches for relaxing bath ambiance
- ☐ Install shower/tub lighting separate from main fixtures
- ☐ Ensure even, shadow-free face lighting at mirror
- ☐ Consider LED mirror with integrated lighting
- ☐ Add night light for safe navigation



Helping Architecture Firms Scale with On-Demand, US-Trained Remote Architects (Level I, II & III)

Room-by-Room Lighting and Acoustic Implementation Checklist

Transform your home's comfort level with this comprehensive, actionable checklist

Acoustic Improvements

- ☐ Install exhaust fan with low sone rating (under 1.0 sones)
- ☐ Add bath mats and towels for sound absorption
- ☐ Use heavy shower curtain or glass doors to contain sound
- ☐ Apply caulk around fixtures to prevent sound transmission
- ☐ Install toilet seat with soft-close hinges
- ☐ Consider sound-rated bathroom door
- ☐ Add fabric window treatment if applicable

MEDIA/ENTERTAINMENT ROOM

Lighting Improvements

- ☐ Install dimmable recessed lighting with multiple zones
- ☐ Add bias lighting behind TV screen
- ☐ Use warm LEDs (2700K) for movie-watching comfort
- ☐ Install rope lighting along floor for safe navigation
- ☐ Avoid lighting that reflects on screen
- ☐ Add sconces for general room illumination
- ☐ Use blackout curtains for optimal viewing

Acoustic Improvements

- ☐ Install acoustic panels on walls and ceiling
- ☐ Add heavy carpeting or thick area rugs
- ☐ Use upholstered seating with sound-absorbing materials
- ☐ Install acoustic door or heavy curtain at entrance
- ☐ Add bass traps in room corners if needed
- ☐ Use fabric wall coverings instead of hard surfaces
- ☐ Position speakers away from shared walls

**Helping Architecture Firms Scale with On-Demand,
US-Trained Remote Architects (Level I, II & III)**

Room-by-Room Lighting and Acoustic Implementation Checklist

Transform your home's comfort level with this comprehensive, actionable checklist

HALLWAYS & STAIRS

Lighting Improvements

- ☐ Install motion-sensor lights for automatic illumination
- ☐ Add LED strip lighting under stair railings
- ☐ Use wall sconces instead of overhead-only lighting
- ☐ Ensure even lighting without dark spots or harsh shadows
- ☐ Install dimmer controls for night-time navigation
- ☐ Add emergency lighting for safety
- ☐ Use warm LEDs (3000K) for welcoming atmosphere

Acoustic Improvements

- ☐ Install carpet or runners on stairs and hallways
- ☐ Add wall hangings (fabric art, tapestries) for sound absorption
- ☐ Use solid-core doors instead of hollow doors
- ☐ Install door sweeps on bedroom and office doors
- ☐ Apply acoustic underlayment under flooring if renovating
- ☐ Consider wainscoting with sound-absorbing backing

COMPLETION TRACKING

Priority Level 1 (Essential - Complete First)

- ☐ Bedroom blackout solutions
- ☐ Basic task lighting in work areas
- ☐ Weatherstripping on exterior windows/doors
- ☐ Area rugs in main living spaces

Priority Level 2 (Important - Complete Second)

- ☐ Dimmer switches in main rooms
- ☐ White noise solutions for bedrooms/offices
- ☐ Under-cabinet kitchen lighting
- ☐ Acoustic treatments in home office



**Helping Architecture Firms Scale with On-Demand,
US-Trained Remote Architects (Level I, II & III)**

Room-by-Room Lighting and Acoustic Implementation Checklist

Transform your home's comfort level with this comprehensive, actionable checklist

Priority Level 3 (Enhancement - Complete When Budget Allows)

- ☐ Smart/tunable LED systems
- ☐ Professional acoustic panels
- ☐ Comprehensive lighting automation
- ☐ Advanced soundproofing solutions

NOTES SECTION

Measurements Needed:

- Room dimensions: _____
- Window sizes: _____
- Current light fixture locations: _____

Budget Allocated:

- Total budget: \$ _____
- Per room budget: \$ _____
- Priority room: _____

Contractor Contacts:

- Electrician: _____
- Acoustic specialist: _____
- Interior designer: _____

Completion Dates:

- Target start date: _____
- Target completion date: _____
- Room-by-room timeline: _____



Scan to Download Our Brochure