

VISION ON

Decent light makes a difference to tired eyes, as lighting designer Abby Warn shows.

1. The Valsan Millford Wall Light. Slide the shade up and down to make sure the light stays focused on your book. Price £260 from Light IQ (020 8749 1900; lightiq.com). 2. Wall-mounted spot. These fibre-optic Bed Lights provide a focused beam that won't wake your sleeping partner. They can also be mounted on a table or headboard. Price £545 for a pair from Light IQ (as before). 3. This Lumie alarm clock, the Bodyclock Classic, gradually lights up like the sunrise, providing a gentle and natural wake-up call. It comes with an AM/FM radio; from Lumie, £79.95 (01954 780500; lumie.com). 4. Desk light. The Chelsom adjustable desk fitting light with its easy-grip handle allows total manoeuvrability up and down, £275 plus £14 for the shade from Harrods (020 7730 1234; harrods.com) or from Malvern Studios (01684 574913). 5. Halogen A light bulbs are 20% brighter than standard tungsten bulbs and have triple life expectancy. Bulbs cost around £4 from John Lewis, Sainsbury's and other stores. 6. Floor lamp. The Zella dual source up-lighter will brighten the whole room and provide a flexible spot that is ideal for precise tasks. Price £60 from John Lewis (0845 604 9049; johnlewis.com)

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