3-Point Desk Lighting Map

Your guide to a beautifully layered, glare-free workspace without hardwiring.

Eliminate screen glare and eye strain entirely by arranging these three specific plug-in light sources. You can build a custom, balanced setup that adapts perfectly to your daily tasks.



Key Lighting Measurements

45 degrees
Asymmetric light bar lens angle

20-30 percent
Brightness to bounce light off wall

30 degrees
Eye-level fill light off-center placement

80 percent
Monitor width coverage for light bar

24-30 inches
Standard desk depth for light spread

15-20 inches
Task lamp height above desk surface

90 or higher
CRI for natural skin and documents

Test for Screen Glare

Turn off your monitor while leaving all three desk lights illuminated. Sit in your normal posture; if you see bright bulb reflections on the black screen, adjust lamp angles.

Order of Operations

1. **Anchor the center** Install the monitor bar first to establish your primary downward work zone.
2. **Wash the background** Add the wall bounce behind the screen to set your ambient baseline.
3. **Flank the sides** Position the fill and task lights on opposite sides to balance visual weight.

Pre-Setup Desk Checks

- [ ] Check monitor back for built-in USB ports to power the bar.
- [ ] Measure roughly two inches in from outer bezel for strip placement.
- [ ] Keep ambient strip 2 to 4 inches away from wall surface.
- [ ] Ensure fill light features a thick frosted acrylic or fabric softbox.
- [ ] Verify task lamp has an opaque cylindrical or cone-shaped metal hood.
- [ ] Align fill light center exactly horizontally level with your webcam lens.

Adapt To Your Space

Find your row: **Your Desk Setup**

Your Desk Setup	Your pick	Why
Right-handed writer	Lamp on left side	Prevents shadows from dominant hand
Bright window on right	Fill light on left	Balances natural morning daylight evenly
Bare varnished wood desk	Use felt or matte leather	Absorbs harsh upward light bounce
Glossy keyboard keycaps	Switch to matte finish	Diffuses downward light and reflections

Set Temperature Hierarchy

Find your row: **Your Active Task**

Your Active Task	Your pick	Why
Working on computer	2700K-3000K wall bounce	Eases eye strain against screen
Joining video meetings	3500K fill panel	Erases harsh downward overhead shadows
Reviewing physical papers	4000K focus bulb	Boosts alertness for analog work

Workspace Notes

Enjoy your beautifully illuminated, glare-free workspace that keeps you focused and energized!