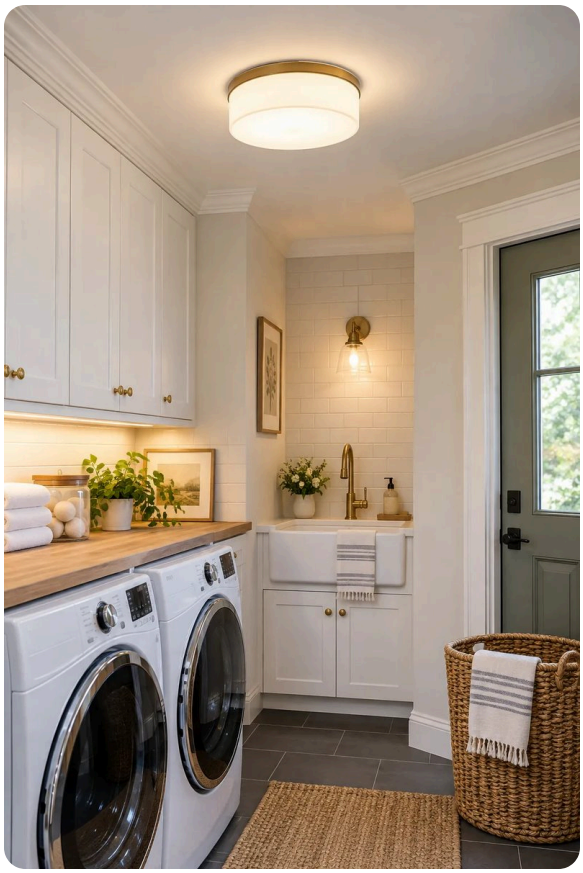
Laundry Room Lighting Plan Sheet

Map out your exact lumens, strip length, and buying specs.

Your laundry room needs targeted illumination to function efficiently. Calculate your requirements and confidently mount your task lighting for a harmonious workspace.



Key Lighting Specs

4000K
Neutral white for crisp clarity

90+ CRI
So navy and black socks match

30-40
Ambient lumens per square foot

3 ft
Damp-rated fixture zone near sink

1/3
Minimum ceiling fixture width ratio

5 min
Motion switch by door timeout

Strip at Cabinet Front

Mounting your LED strip at the front lip directs light exactly where you fold clothes, completely eliminating the annoying shadows that hide stubborn stains.

Target Ambient Lumens

Find your row: **Room size**

Room size	Your pick	Why
Small (5x5 ft)	750-1,000 lumens	For 25 sq ft
Medium (8x8 ft)	1,920-2,560 lumens	For 64 sq ft
Large (10x12 ft)	3,600-4,800 lumens	For 120 sq ft

Sizing Your LED Strip

- ○ Measure the total continuous width of your upper cabinet run.
- ○ Subtract exactly 4 inches to leave a hidden 2-inch setback.
- ○ Cut your LED strip exactly at the designated copper cut points.
- ○ Temporarily tape strips up to physically rehearse the lighting layout.
- ○ Measure your tallest detergent bottles before setting sink sconce height.

Sink Zone Fixture Checklist

- ☐ Verify the damp rating on the box for sink proximity.
- ☐ Add dedicated wall illumination to prevent body shadows while scrubbing.
- ☐ Direct the primary beam slightly away from highly polished countertops.
- ☐ Layer wet task lighting separately from dry folding illumination.
- ☐ Verify the safety rating before purchasing any decorative sconce.

Room Measurements & Notes

Enjoy your beautifully bright, perfectly balanced new laundry routine!