



This Man Tried - And Failed - To Defend Catcalling Live On CNN



Terminally Ill Brittany Maynard Gets Her Wish To End Her Own Life



Three Ways to Prevent Those Mistakes You Make From Triggering Your Depression

How To Get More Light In Your Home

The Huffington Post UK | By Georgia James

Posted: 29/10/2014 16:32 GMT | Updated: 30/10/2014 10:59 GMT



2 2 4 0 0 0

Like Share Tweet Pin it Email Comment

If there's a room in [your house](#) that looks eternally gloomy, no matter how bright it is outside, there are plenty of tricks you can use to breathe more light into the space.

From making the most of the [natural light](#) available, to sneaky cheats that create the illusion of light, even the dingiest room can appear bright and airy.

"Architectural influences, such as the direction in which your home faces and the size of your windows are obvious ways in which to get light into your home," says Rebecca Tucker, interior designer and co-founder of [Suna Interior Design](#).

"However, there are plenty of ways to enhance the light that you already have, creating a feeling of lighter, brighter rooms, without completely rebuilding and repositioning your home."

SEE ALSO:

- [Autumn Home Trends That Won't Go Out Of Fashion](#)

ADVERTISEMENT

ADVERTISEMENT

HOMESENSE
Unique finds irresistible prices

Explore the Autumn Collection

ROLL OVER TO ZOOM IN

< Prev Next >

Store Finder

COME AND FIND US

Enter your post code to start your treasure hunt!

GO!

• Borrow Boutique Hotel Style Tips For Your Home

And brightening your living space is not just a question of aesthetics. Research suggests it can have a major impact on *your mood*, too.

Previous studies have found that people are more optimistic about the stock market, report higher wellbeing and are more helpful during sunny days, whereas being exposed to gloomy days for long periods of time can result in depressive feelings, according to Alison Jing Xu, assistant professor at the University of Toronto.

Ling, who carried out a *study on the effects of bright lights on the emotions*, also found that in a brighter room, people feel emotions more intensely.

Jemma Cowen, interior designer and founder of JC Decor agrees that a brighter room can have a positive impact on our wellbeing: "Light bright rooms are essential in lifting and brightening our moods and getting us motivated for the day ahead."

We asked Rebecca and Jemma to offer their expert tips on bringing a little extra sunshine into our homes and our lives:

ALSO ON THE HUFFINGTON POST

Go to HomeSense



Visit us online
homesense.com



HUFFPOST HOME



How To Get More Light In your Home

2 of 11



Nadzeya_Kizilava via Getty Images



Be Creative With Lighting

"Ceiling lights, lamps on tables and the floor and where possible incorporate low level lighting, for example under cabinets," says Rebecca Tucker, interior designer and founder of *Suna Interior Design*. "This combination of lighting will allow you to not only set the mood in the room, but will enable you to brighten darker corners and most importantly, when all of the lights are switched on, a light and bright room."

ADVERTISEMENT

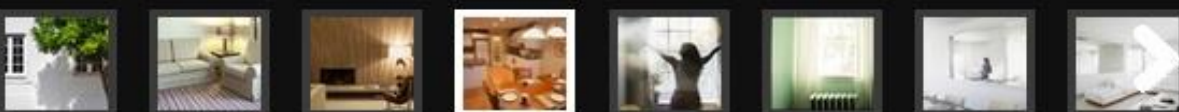


How To Get More Light In your Home

4 of 11



Design Pics via Getty Images



Go Open Plan

"If you are building or renovating, consider putting in roof lights that will filter sunlight through into the darker corners of your home," suggests Rebecca. "Another consideration, if your kitchen, living and dining rooms are smaller, would be to knock down the dividing walls and create a more open plan design, allowing the natural light to flow."

ADVERTISEMENT





Tara Moore via Getty Images



Open Your Curtains

"Dress curtains well back from the windows, so that they don't cover the windows when they are open," suggests Rebecca. "Ideally create wall-to-wall curtain treatments which cover the walls on either side of a window, which maximises light through the window, but also implies much larger windows in a room."

ADVERTISEMENT

HOMESENSE

Become a HomeSense friend
& win £250 to spend in-store

Sign up to HomeSense