

# Wattage and Lumens explained

For decades, we have been buying light bulbs based on how much energy they consume (Watts) - no matter how much light they give us (Lumens). When looking at LED replacement bulbs or new light fittings consider that a traditional 100W light bulb would give out about 1200 lumens of light, a traditional 60W light bulb 800 lumens and a traditional 40W light bulb 450 lumens so the next time you look for an energy efficient LED lamp look for the number of lumens.



Traditional Round or  
Candle lamp

40W – 450 lumens

Becomes LED 450 lumen  
energy saving lamp  
using only 5W of energy



Traditional light bulb

60W – 800 lumens

100W – 1200 lumens

Becomes LED 800 or  
1200 lumen lamp using  
only 10 – 13.5 W of  
electricity



Traditional GU10 spot light  
bulb

45W – 320 lumens

Becomes LED 320  
lumens (spot light bulbs  
concentrate and reflect  
the light) using only 5W



LED light bulbs can now replace traditional light bulbs in many shapes and sizes whilst saving money on your electricity bill and looking at least as good as their traditional equivalent. For more information on LED light bulbs contact: [sales@ruthindecor.co.uk](mailto:sales@ruthindecor.co.uk) 01824 702849