

ENERGY STAR Choose A Light Guide

Usage Tips

To have the best experience possible, keep the following tips in mind:

- Most photocells, motion sensors, and electronic timers are not designed to work with CFLs. Check with the control manufacturer and the CFL packaging for compatibility.
- Hold the base and not the glass to screw in the bulb
- When your CFL burns out, recycle it. Go to [Natural Resources Canada](#) for recycling locations.
- ENERGY STAR qualified bulbs come in screw and pin based formats.
- Read the packaging to see where each bulb should be used. Not all ENERGY STAR qualified CFLs are designed to work in every socket.
- If a bulb breaks follow the guidance found at [Natural Resources Canada](#)
- Use ENERGY STAR qualified bulbs in places where you will have the light on for at least 15 minutes at a time. Frequently turning a CFL on and off will shorten the bulb's lifetime.

Every time you are using an ENERGY STAR qualified product you are saving energy, money, and greenhouse gas emissions.

ENERGY STAR, an international program, is administered and promoted in Canada by Natural Resources Canada, and is registered in Canada by the United States Environmental Protection Agency (EPA) and the United States Department of Energy (DOE).

Light Temperature Tips: Choose Your Mood

While most CFLs come in "warm" colours to match the yellowish light of incandescent bulbs, you can also choose "cooler" colours with whiter and bluish hues for reading and task lighting. Colour in lighting is measured on the Kelvin scale (K) and is marked on CFL packaging. For warmer colour look for 2700–3000K, 3500–4100K gives a bright white light and 5000–6500K is bluer and most like daylight.

Bulb-Specific Tips: How to Choose

Spiral Bulbs

If these spiral-shaped light bulbs look familiar it's because they're the most popular type of Compact Fluorescent Lamp (CFL). Spiral CFLs create the same amount of light as traditional incandescent bulbs, but use less energy.

Many traditional bulbs around your home (from 60w to 150w) can be replaced with spirals. There are spirals for dimmers and three-way switches (just check the packaging). Spirals also come in a variety of colours like soft white, natural light, or daylight.

Covered A-Shaped

A-shaped bulbs combine the efficiency of the spiral bulbs, with the look and feel of the traditional incandescents. These products are great for consumers who don't like the look of the spiral bulbs but still want efficient lighting. You can use A-Line bulbs wherever you used to use traditional incandescents such as clip-on lamp shades. Check the packaging for compatibility with dimmers and three-way fixtures.

Covered Globe

Globe-shaped bulbs are ideal for use where you can see the bulbs, like bathroom vanity bars and ceiling pendants. A globe bulb is basically a spiral bulb with a decorative cover.

Like other covered CFLs, globe bulbs need a little time to "warm up" and reach full brightness. But be patient — ENERGY STAR qualified light bulbs generate just as much light as traditional bulbs, while using less energy.

Tubed Bulbs

Some of the first ENERGY STAR qualified light bulbs were tube shaped. Basically straight versions of the spiral bulbs, tubed bulbs work well in lamps that have slender covers such as wall sconces.

Candle Bulbs

These products are ideal for use in decorative fixtures where you can see the light bulb. The sleek shape also allows you to use them in tight fitting light fixtures where a covered globe won't fit.

Indoor Reflector Bulbs

Reflector bulbs are perfect for providing directional light — think of recessed ceiling lights in kitchens or ceiling fans. Indoor reflector bulbs are much smaller than those that are designed for outdoor use. Some indoor reflector bulbs can be used with a dimmer — the packaging will tell you.

Outdoor Reflector Bulbs

For use outside, reflector bulbs are sealed to withstand the rain and snow. Because of this, they're usually much larger than the reflectors designed for use inside. Timers, photocells, and motion sensors may not be compatible with CFLs so if you have one of these controls on your outdoor lights check with the manufacturer of the control and the CFL packaging for compatibility.

Three-Way CFLs

Fixtures or lamps with three-way switches require the use of a three-way CFL. Check the packaging to make sure that the bulb is intended for this use. Installing three-way CFLs may require extra effort since they can be slightly larger than their matching incandescents, but they still use one-third as much electricity. Three-way bulbs typically come in Soft White colour temperature come in a variety of shapes.

Dimmable CFLs

Fixtures or lamps with dimmer switches require the use of dimmable CFLs. Not all CFLs are dimmable so check the packaging to make sure it is. Dimmable CFLs work differently than incandescent bulbs. Incandescents dim smoothly from 100% of their light output to no output and their light colour changes from a bright white to a warmer yellow. Dimmable CFLs maintain light colour more consistently and dim to 10%–40% of its original brightness. Dimmable bulbs typically come in Soft White colour temperature.