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# LED recessed spotlights

Lighting made easy!



**All info  
and tips**

# Checklist

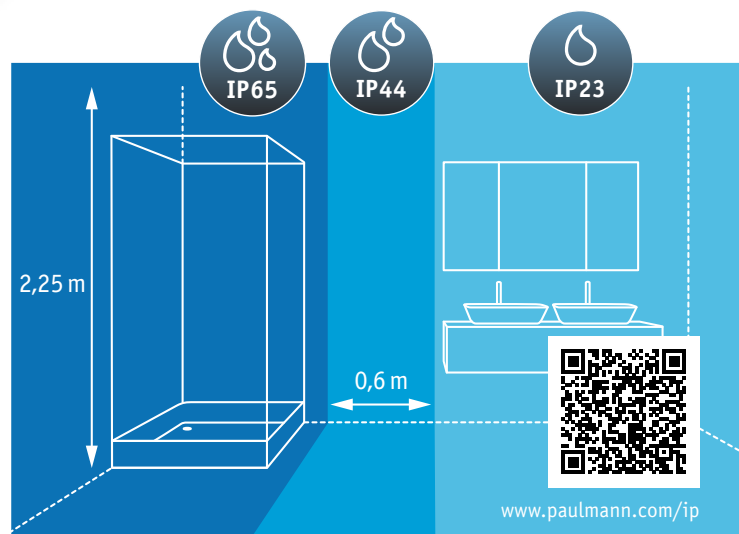
- ☐ Where are the luminaires to be installed?  
In dry living spaces or in the bathroom with IP protection.
- ☐ What is the maximum installation depth?  
Paulmann coins require a cavity depth of only 30 mm. The GU10 luminaires require a cavity depth of at least 60 mm.
- ☐ How many luminaires are needed?  
All Paulmann luminaires are available individually or as a 3-piece set.
- ☐ Should the luminaires be dimmable?



## Protection against water

IP protection for bathroom lighting

It's important to protect luminaires against water in the bathroom and kitchen.



## Simple installation that's guaranteed to work!

Complete 230-V sets

- ✓ Secure connection without the need for a transformer
- ✓ Link unlimited luminaires together using the connection box supplied
- ✓ Retaining springs for easy installation and removal
- ✓ High-quality metal
- ✓ One 3-piece set is enough for 12 m<sup>2</sup> to 15 m<sup>2</sup> of basic lighting
- ✓ 5-year guarantee

## Step by step

Install as many 230-V recessed spotlights as you want – without a transformer



Standard hole saw/68-mm drill bit



Easy to connect using the quick clip



Link unlimited luminaires together



Simply insert the coins from behind – no snap rings necessary



Easy insertion and removal thanks to retaining springs



Drill hole remains undamaged

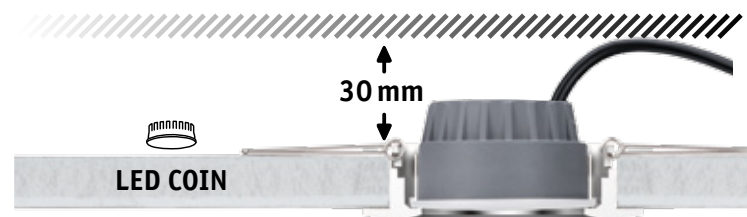
## Installation depth

Recessed spotlights with interchangeable **GU10 lamps** require a cavity depth of at least 60 mm.



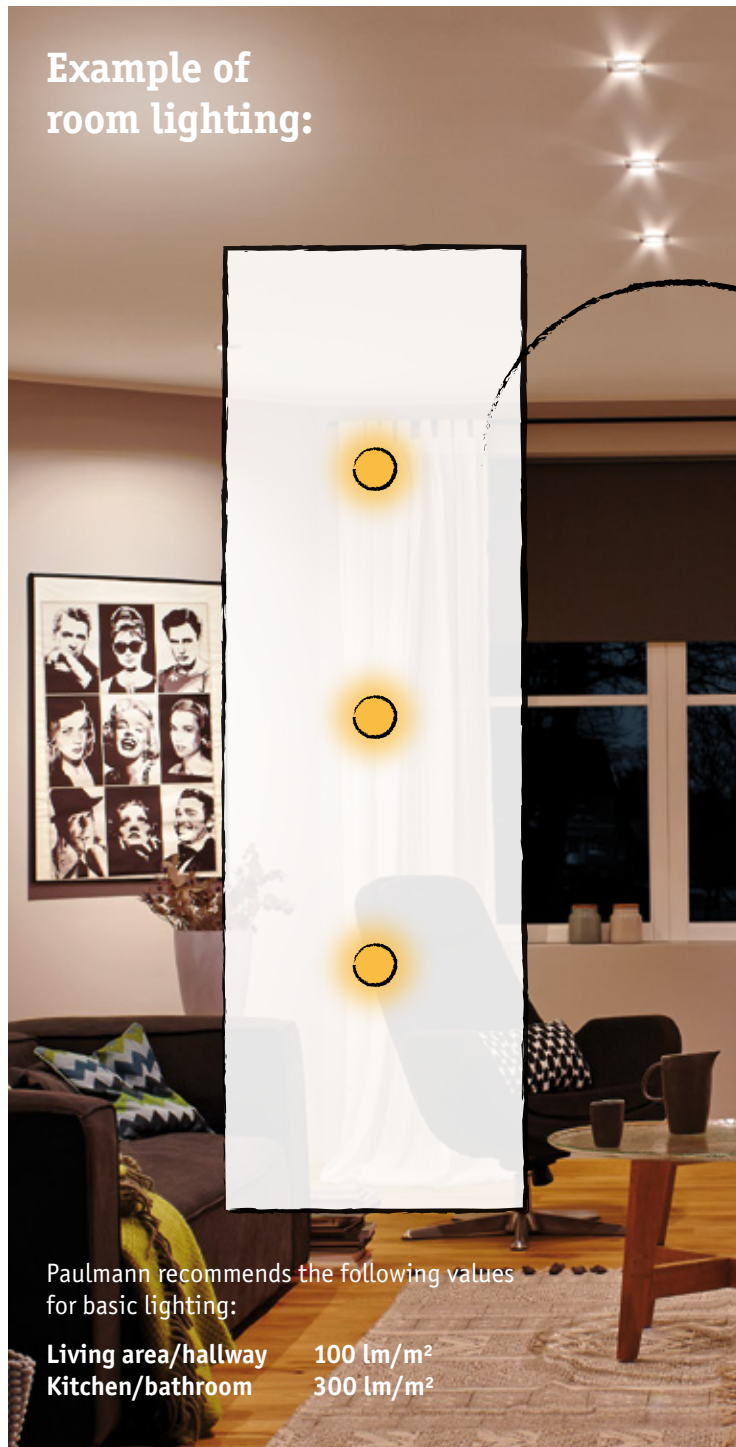
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The interchangeable **LED COIN modules** from Paulmann require a cavity depth of only 30 mm and are also suitable for flat cavities.



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## Example of room lighting:



Paulmann recommends the following values for basic lighting:

Living area/hallway	100 lm/m <sup>2</sup>
Kitchen/bathroom	300 lm/m <sup>2</sup>

## How many luminaires do I need?

Different spaces have different lighting requirements. You need more light in the kitchen and bathroom than the living room and hallway, for example. Influencing factors include light or dark furniture, floor and wall colours, and any additional light sources, such as table lamps and mirror luminaires.

Living room  
 $2 \text{ m} \times 6 \text{ m} = 12 \text{ m}^2$

$12 \text{ m}^2 \times 100 \text{ lm}$   
 $= 1200 \text{ lm}$

$3 \times 460 \text{ lm}$   
LED set



**The lumen (lm)** is the unit of measure for luminous flux and is therefore the decisive value for brightness. The lumen is a more precise measurement of the brightness of a luminaire than wattage.





# How can I dim my lighting?

Dimming is a form of lighting control that controls the brightness of a luminaire. This allows you to adapt the lighting to suit your mood.



Recessed luminaires with this symbol on the packaging can be dimmed in multiple stages using any existing light switch.



By pressing the switch, the brightness can be dimmed down in three stages from 100% to 50% to



- 100%
- 50%
- 25%
- Off



For recessed luminaires with this packaging symbol, briefly switching the light on/off with any existing light switch starts and stops the continuous dimming process.



- click click
- 100%
- dim
- stop dim
- off



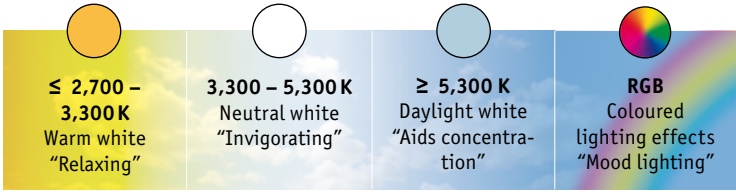
Recessed luminaires with this symbol on the packaging are dimmable in one seamless transition.

To check which dimmer you need for your Paulmann lamps and luminaires, simply enter the article number on this page to find all the relevant information, including the dimming capability:

[www.paulmann.com/productdata](http://www.paulmann.com/productdata)

# Which light colour is right for me?

The colour temperature gives you information about whether an LED emits warm or cool light. In simple terms, the colour temperature determines the colour of the light: from yellowish (warm) to bluish (cool). The colour temperature has a similar effect on our well-being as sunlight.



With **RGB**, you have an infinitely variable selection of 16 million colours, while the **RGBW** variant also includes true warm white.



**Tunable white** offers an infinitely variable selection of white tones, from the warm white range (2,700 K) for relaxation, to daylight white (6,500 K) for activities requiring concentration.



**White Switch** allows you to select between three white tones (warm white, neutral white or daylight white) with repeated



# Get smart with your lighting control!

Lamps and luminaires in the Paulmann Home range can be controlled with your voice, the app or a remote control – no transformer or dimmer needed!



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