

# Home Office Tips (Part 1)

By BB Lee

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Tip One:

Welcome To Part One In A Series Of "Home Office Tip Articles."

Most will find the following Home Office Tips very practical and effective if they take them into due consideration, and use these basic strategies to improve their at home office space.

Lighting:

Medical science discovered that light has a profound effect on work output. This probably has to do with two very vital areas in the brain, the pineal gland and hypothalamus which react strongly to the colors around us and affect our moods.

Consequently, the lighting in your home office is very important. Place the light source near your computer to brighten the work area. Remember not to place it directly in front of your eyes. This might cause unnecessary eyestrain.

Remember to adjust the lighting in your home office to help increase your productivity by experimenting until you find the proper light intensity that works for you.

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BB Lee is Editor Publisher Of SmallBizBits Home Business  
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