

# Template: Indoor Cannabis Lighting Solutions Checklist

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Based on Article: "Lighting Solutions for Indoor Cannabis Growing: What You Need to Know"  
Website: <https://theseedconnect.com>

A practical checklist to help indoor cannabis growers optimize their lighting setup for better plant performance and higher yields.

## Checklist Items:

- 1. Understand Light Variables**  
Familiarize yourself with the three critical light variables: spectrum, intensity (PPFD), and photoperiod. These factors influence plant growth and final yield.  
Reference Section: [How Cannabis Plants Use Light: Basics You Must Know](#)
- 2. Choose the Right Light Type**  
Decide between LED, HPS, CFL, and CMH lights based on your room size, heat tolerance, budget, and whether you need spectrum tuning or raw PPFD.  
Reference Section: [Overview of Light Types: LED, HPS, CFL, and CMH](#)
- 3. Measure and Adjust Light Intensity**  
Use a quantum PAR meter to measure PPFD at canopy height. Adjust fixture height or dimming to match target PPFD ranges for the current growth stage.  
Reference Section: [How Cannabis Plants Use Light: Basics You Must Know](#)
- 4. Set Up Lighting Schedule**  
Implement a consistent photoperiod schedule—typically 18 hours of light for vegetative growth and 12 hours for flowering strains. Ensure uninterrupted dark periods.  
Reference Section: [How Cannabis Plants Use Light: Basics You Must Know](#)
- 5. Optimize Light Spectrum for Growth Stage**  
Adjust the light spectrum to emphasize blue for vegetative growth and red during flowering. Increase red ratios gradually as plants transition into bloom.  
Reference Section: [How Cannabis Plants Use Light: Basics You Must Know](#)
- 6. Monitor and Troubleshoot Lighting Issues**  
Regularly check for common lighting problems such as inadequate intensity or spectrum mismatches, and adjust as necessary to maintain plant health.  
Reference Section: [Troubleshooting Common Lighting Issues](#)
- 7. Implement Dimming and Timers**  
Use dimmers and timers to control light intensity and schedule effectively, helping to reduce energy costs and create optimal growing conditions.  
Reference Section: [Optimizing Light Use: Timers, Dimming, and Spectrum Tuning](#)
- 8. Maintain Lighting Equipment**  
Perform regular maintenance on lighting fixtures to ensure efficiency and longevity, addressing issues like bulb replacements and cleaning reflecting surfaces.  
Reference Section: [Tips for Success, Maintenance, and Energy Savings](#)