

my indoor setup

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#growjournal #lighting

1. **Vertiv Liebert PST5 UPS:** This unit offers 8 outlets with surge protection and battery backup, and it features an LCD screen that displays real-time energy usage and other metrics¹.
2. **MARUSON PRO-800LCD UPS:** This model includes 6 outlets with surge protection and battery backup, and it has an LCD screen that shows input/output voltage, battery capacity, and energy consumption².
3. **Tripp Lite by Eaton OmniSmart LCD UPS:** This unit provides 8 outlets with battery backup and surge protection, and it includes an LCD screen that monitors energy usage and other important information³.
4. **CyberPower OR700LCDRM1U UPS:** This model features a multifunction LCD screen that displays energy consumption metrics, along with other vital information⁴.

Multioutlet that show ind power use.

thoughts about lighting

I only use [CFL lighting](#) and [LED Lighting](#), nearly 80% cheaper than other lights.

Lumens (Brightness)	CFL (Watts)	CFL Cost (30 days)	LED (Watts)	LED Cost (30 days)
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100	3-4	\$0.36 - \$0.48	1-2	\$0.18 - \$0.24
200	5-6	\$0.54 - \$0.72	2-4	\$0.36 - \$0.48
300	7-8	\$0.72 - \$0.96	4-6	\$0.54 - \$0.72
400	8-12	\$0.86 - \$1.44	6-8	\$0.72 - \$0.96
500	11-15	\$1.15 - \$1.80	8-12	\$0.90 - \$1.44
600	13-18	\$1.44 - \$2.16	10-15	\$1.08 - \$1.80
800	18-24	\$1.92 - \$2.88	13-20	\$1.44 - \$2.40
1000	22-30	\$2.32 - \$3.60	16-25	\$1.92 - \$3.00
1600	32-45	\$3.84 - \$5.40	22-35	\$3.36 - \$5.25
2600	40-55	\$5.12 - \$7.20	27-50	\$4.86 - \$7.50
3000	45-80	\$5.85 - \$10.80	32-75	\$5.76 - \$11.25
4000	55-105	\$7.20 - \$14.40	53-100	\$9.72 - \$18.00
5000	65-130	\$8.40 - \$16.80	65-125	\$11.40 - \$22.50
6000	75-155	\$9.72 - \$19.44	78-150	\$13.68 - \$25.50
10000	90-255	\$11.88 - \$38.40	130-250	\$23.40 - \$45.00

closed loop aquaponics

aquarium fish

Merged Segment (.review/organized/M/My Indoor Setup.md)

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