

My Summer House

By Detail My House



Longer days are energizing but light and heat may affect your sleep. Small changes may help make your place more liveable in the summer.

Natural Light & Sleep

Create dark when it is needed by installing blackout curtains OR use slated blinds if you like to wake naturally (this will let some light in)

Check for light leaks and light pollution that may interrupt your rest

Use drapes / curtains over another window covering to get rid of side light leaks

Roll a towel and place it by the bottom of the door OR install a gap excluder under the bedroom door to eliminate light gaps

Position beds to face windows, rather than be under them

Open window coverings in the morning to benefit from the natural light (30 min of morning light will help your circadian rhythm)

Use a bodyclock or sleep / wake lightbulb(s) to get blue light in the morning and orange light at night

Glare

Use adjustable window coverings OR sheer curtains to diffuse light

Move mirrors or other shiny objects away from direct light

Position desks to face windows



Heat Reduction

Use a quiet fan (ceiling or floor) to create air movement

Use white backed OR light coloured window coverings to reflect light (dark colours will absorb heat into a room)

Open windows and doors on all house levels in the early morning to draw cool air in and let warm air out

Move furniture away from vents so air circulates well

Keep the furnace fan running to circulate cool air up from lower levels

Install exterior shades on south and west facing windows to stop heat before it reaches the window

Other Ideas

Try to regulate temperatures in the bedroom to 18 degrees C (64.4 degrees F), the optimal sleeping temperature

Add potted plants to your decor to bring summer indoors; the fan will rustle their leaves and create a cool vibe

Notes For Next Summer:

