

AIR QUALITY

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Bring the outside in

Even a small step like adding some potted plants, which are known to purify air, can improve your indoor environment. In addition, think of how you could create a better view to the outside through smart use of windows, skylights and doors that bring in fresh air and daylight.

Rely on natural air flow

Open your windows 3-4 times a day, at least 10 minutes at a time, to allow fresh air in. To complement natural light and fresh air from vertical windows, consider adding skylights to rooms you use most often. Skylights that can be opened, such as those offered by Velux, contribute to greater indoor comfort and ventilation by removing excess heat, moisture, odors and other indoor pollutants. They can also help reduce the need for air-conditioning due to the chimney effect, which occurs when skylights and vertical windows are both opened, allowing warm, stale air to rise and escape through the roof, replaced by fresh air drawn in through traditional windows.

Eliminate potential obstacles

Avoid blocking fresh air with drapes, blinds and other hindrances, like heavy furniture placed too close to windows. Also consider other aspects of your home that could be thwarting your efforts to improve air circulation and quality, such as dust, dirt and mold. Regular and thorough cleaning can help keep those irritants at bay and make your quest for cleaner air easier.

Find more tips for creating a healthier home at veluxusa.com/indoorgeneration.

INCREASING NATURAL LIGHT

Sunlight is a natural antidepressant, and there is ample scientific evidence that associates daylight with better health and quality of life, such as improved mood, less fatigue and reduced eye strain. If your home needs some brightening up, consider these home features with natural light in mind:

Paint

Choosing a lighter-colored paint and avoiding statement wallpaper or large blocks of color can naturally make a space feel brighter and reflect any natural light entering the room. Think soft shades of off-white or subdued, neutral hues.

Flooring

Wooden, ceramic or stone floors with a polished finish typically reflect light to help brighten spaces. If you prefer carpet, consider light, neutral colors to help make the space feel brighter.

Skylights

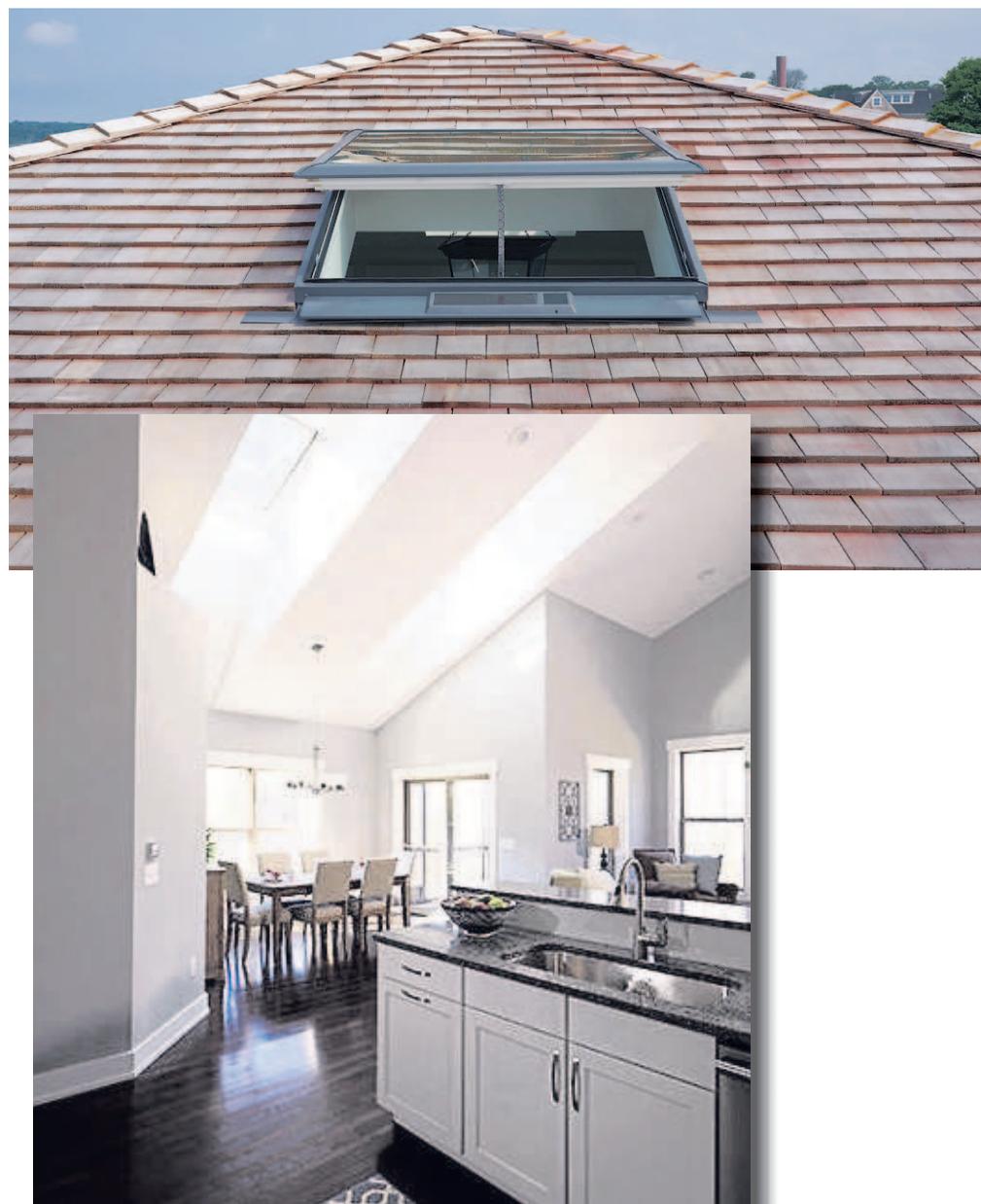
Adding skylights is a relatively low-cost, high-impact home improvement that can enhance home decor and deliver energysaving benefits, as well. Fresh air skylights, like those from Velux, can help reduce dependence on artificial lighting and mechanical ventilation, which helps save money on electric bills. Convenience features like remote control operation make it easy to manage air flow and natural lighting with the touch of a button.

Mirrors

Adding furniture and accessories with reflective surfaces can help diffuse light and add stylish touches throughout the home. Metallic, glass and mirrored accessories, or even mirrors themselves, can spread light throughout your home.

Lighting

Go easy on artificial lighting, and instead work to optimize natural light sources. Consider supplementing areas where natural light doesn't reach such as corners and corridors with small lamps, and install dimmer switches that can easily be adjusted depending on the amount of natural light flowing into your home.



CREATING CLEANER INDOOR AIR

Creating more airflow is an important step to improving your indoor environment, but considerations like air quality should not be overlooked. More air is a good thing, but more clean air is better yet.

Everyday home life activities such as cooking, showering, lighting candles, sleeping and doing laundry can all contribute to polluted indoor air, which over time can lead to the development of illnesses.

These tips from the indoor climate experts at Velux can help make the air inside your home healthier:

1. Keep bathroom doors closed and turn on the extractor fan or open a window or skylight when showering.
2. Turn the hood fan on when cooking and open your windows, if weather permits.
3. Avoid burning candles excessively; look for alternatives such as sprigs of lavender to add a natural fresh scent.
4. Dry clothes outside when possible, which reduces carbon emissions from the dryer and minimizes potential pollutants traveling through the dryer vent.
5. Clean regularly with non-chemical based cleaning products, and pay attention to ingredients in cleaning