

Keeping Your House Cool During Summer

Insulation and Ventilation

Insulate walls, ceilings, and attics to reduce heat transfer from outside.
Install and use attic fans or roof vents to promote airflow and reduce heat buildup.

Use of Shade

Plant shade trees or use outdoor awnings, shades, or umbrellas to block direct sunlight.
Create shade indoors using curtains, blinds, or reflective window films to reduce heat absorption.

Air Conditioning Optimization

Set your air conditioner thermostat to an energy-efficient temperature (around 78°F or higher).
Use ceiling fans or portable fans to circulate cool air and improve comfort.

Limit Heat Sources

Minimize use of heat-generating appliances like ovens, stoves, and dryers during peak heat hours.
Switch to energy-efficient LED bulbs that produce less heat compared to incandescent bulbs.

Window Treatments

Install energy-efficient window treatments like blinds, shades, or curtains to block sunlight.
Close curtains or blinds during the hottest part of the day to reduce solar heat gain.

Cool Water Usage

Take cool showers or baths to lower body temperature and feel refreshed.
Use cold water for washing dishes or laundry to reduce indoor heat.

Strategic Opening and Closing

Open windows and doors during cooler hours in the morning and evening for natural ventilation.
Close windows, doors, and blinds during the hottest part of the day to keep heat out.

Outdoor Living Spaces

Create comfortable outdoor living spaces with shaded areas, fans, or misting systems.
Use outdoor grills or cookers instead of indoor ovens or stoves to avoid heating the house.