



No air conditioning?

Beat the heat indoors with these 8 tips.

Not everybody in the Pacific Northwest has air conditioning, but there are ways to keep your home cool during the hottest days of summer.

1) Utilize window treatments. Blinds and heavy blackout curtains keep the summer heat out while your fans work hard to keep you cool.

2) Close off unused rooms. Closing the doors will keep any cool air from entering, keeping it in the spaces you use the most.

3) Hack an A/C unit.

Put a bowl of ice or an ice pack behind a fan to imitate a cool sea breeze.



4) Switch the bed up.

Change your sheets to cotton and try a new buckwheat pillow. Buckwheat pillows don't retain your body heat, keeping you cooler.

5) Go backwards. Set your ceiling fans rotating counter clockwise for optimum airflow.

6) Control your body temperature. Cave men survived without air conditioning, and you can too! Just remember, it doesn't matter what the room temperature is, focus on controlling your body temperature. Consume cool drinks and apply a cool cloth at the back of your neck and on your wrists.

7) Outsmart your windows. Generate a cooling pressure current by opening the upper section of windows on

the side of your home that falls downwind and simultaneously have the lower section of windows open on the side of your home that is upwind. You can increase the flow by placing a fan on the window pulling in air and a fan (backwards) on the downwind window pushing hot air out of the home. Hack an even cooler breeze by wetting a bedsheet and hanging it in front of the window bringing in a breeze.

8) Invest in window films. They work like blinds and reject up to 70% of the sun's solar energy while also reducing glare.



Article courtesy of Huffington Post.



**BERKSHIRE
HATHAWAY**
HomeServices

Northwest
Real Estate