# Simple Tricks to Keep Your Home Cool During a Heatwave



Last week, a heatwave swept across the UK, bringing sunny days and uncomfortably muggy nights. Laura Mckenna shared a straightforward method she discovered to keep her home cool during these hot nights.

Struggling to sleep during a particularly warm evening, Mckenna opened windows at both the front and back of the house. This created a refreshing airflow, lowering the indoor temperature almost immediately. She noted the effectiveness of this simple trick in replacing trapped warm air with cooler night air.

Mckenna highlighted additional tips for staying cool, such as closing blinds during the hottest parts of the day, cooling with water, minimizing heat from appliances, using lightweight and breathable bedding, taking cool showers before bed, staying hydrated, and closing off unused rooms to prevent the loss of cool air.

These methods collectively offer practical solutions for maintaining comfort during hot weather.