# UK Heatwave: Simple Window Technique Lowers Home Temperature



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During a recent UK heatwave, high daytime temperatures transitioned into uncomfortable, muggy nights, making sleep difficult for many. Laura McKenna, seeking relief from the heat, found an effective and surprisingly simple solution: creating an airflow by opening windows on opposite sides of her house, specifically in rooms situated at the front and back. This method allowed cooler night air to flow through, significantly lowering her home's temperature.

Previously, McKenna avoided opening windows during heatwaves, believing that it would make her house hotter. However, by harnessing cross-ventilation, she discovered that the moving air created a cooling breeze that helped disperse trapped warm air.

In addition to this window technique, McKenna shared other tips for staying cool during hot weather:  
- **Close Blinds and Curtains**: Prevent indoor temperatures from rising by blocking out sunlight during the hottest parts of the day.  
- **Cool with Water**: Enhance the cooling effect of a fan by placing a bowl of ice water in front of it.  
- **Minimize Heat from Appliances**: Avoid using ovens and stoves; opt for microwave meals, salads, or outdoor grilling.  
- **Use Cooling Bedding**: Lightweight cotton sheets and chilled pillowcases can help make bedtime more comfortable.  
- **Take a Cool Shower Before Bed**: Lowers body temperature and prepares the body for sleep.  
- **Stay Hydrated**: Drinking plenty of water aids in regulating body temperature.  
- **Close Off Unused Rooms**: Prevent cool air from escaping into spaces that don’t need cooling.

McKenna's discovery offers an accessible and low-cost way to manage home temperatures during heatwaves, leveraging natural airflow to improve nighttime comfort.