# Top Tips for Keeping Your Home Cool This Summer



**Tips for Keeping Your Home Cool This Summer**

With summer’s sweltering heat on the horizon, Lynsey Crombie, home expert and author known as the ‘Queen of Clean,’ offers practical tips to maintain a comfortable indoor temperature.

**Switch to Summer Salads**
Crombie suggests opting for light, refreshing vegetarian salads instead of using the stove, which helps keep the kitchen cooler. Barbecues can be a great alternative for grilling meats and veggies since they also keep the heat outdoors.

**Close Blinds and Curtains**
Close blinds and curtains, especially in bedrooms, to block out the sun’s heat. This action can reduce indoor temperatures and protect furniture, flooring, and other items from UV damage.

**Avoid Hot Showers and Baths**
Hot showers and baths create steam that lingers, making the home feel warmer. Crombie recommends cooler showers to avoid adding extra humidity to your living space.

**Open Windows Strategically**
To improve air circulation, open windows that are not in direct sunlight. Direct sunlight can let in hot air, making the house warmer.

**Place Fans Strategically**
Position fans to circulate cool air effectively. Place fans in windows to draw in cooler outside air and create a cross-breeze by positioning fans in opposite windows.

**Add Aloe Vera Plants**
Aloe vera plants can cool and humidify the air due to their high-water content. They also improve indoor air quality by absorbing toxins and adding a decorative touch.

**Change Your Bedding**
Use lightweight, breathable sheets made of cotton, linen, or bamboo to help regulate your body temperature while sleeping. Ditch heavy blankets and opt for a summer duvet with a natural filling like goose down or wool.

**Keep a Hot Water Bottle on Hand**
Fill a hot water bottle with cold water, freeze it, and use it to cool down your bed before you sleep.

Implement these tips to help make your home a more comfortable haven during hot summer days.