

**VELUX®**

Inspiring Home Series

# Your Bedroom Reimagined



# Designing Your Dream Bedroom

Surprisingly, it's not the dark that helps us get a restful night's sleep.

The bedroom is our place of solace after a long day. A room where we go to recharge our bodies and minds. We tend to keep our bedrooms as a more secluded area of our home, often shutting it off from the outside world as we seek sleep. What you may not know, though, is that it isn't the dark that helps us get a restful night's sleep; it's the light.

The sun helps to regulate our circadian rhythm, letting our bodies know when it's time to wake up in the morning and drift off to sleep at night. When you open your bedroom up to the sky, you welcome brilliant, natural light down into your home, giving your body the gift of a balanced sleep cycle. And, since roof windows are positioned on your roof, you'll never have to worry about lack of privacy either.

It's time to open your ceiling to the starry night sky and the beautiful colours of the morning sunrise. So, if you're ready, look up and say "hello" to your fifth wall.



See your bedroom  
in a whole new  
natural light!



Nothing affects sleep as much as what you're sleeping on.

## How to Get a More Restful Night of Sleep

For when you just need to tune out, turn in, and sleep.

After a long day, all you want is for your bed to welcome you with open arms, your covers to warm you, and your pillow to let you relax.

Then, there's nothing like waking up the next morning well-rested and ready to take on the day's responsibilities. Besides, when you're well-rested, you're less irritable, you smile more, and you're prepared for anything life throws your way.

So, show of hands, who's ready for a better night's sleep? Great! We have a few suggestions on how you can get the sleep you want and need.

**Choose a good mattress:** Nothing affects sleep as much as what you're sleeping on. Finding the right mattress for you is all about knowing how you sleep and what level of comfort you prefer.

When looking for a mattress, try them out. You'd be surprised, you might have thought you wanted a soft, plush mattress only to find a firmer one helps you sleep better.

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Letting natural light in during the day can help you sleep better at night.

## How to Get a More Restful Night of Sleep

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**Set a lower temperature:** Dropping the room temperature down a few degrees lowers your heart rate just enough to make you feel sleepy and ready for bed.

Also, keep in mind while you're buying bedding to find sheets that breathe like durable linen sheets.

**Find the pillow meant for you:** Right up there with picking out a good mattress, a pillow is another important part to help you get a restful night's sleep. Did you know that choosing a pillow is really all about how you sleep?

If you're a stomach-sleeper, a lightweight will do. And, for all those side and back sleepers, get a heavy-weighted pillow for support.

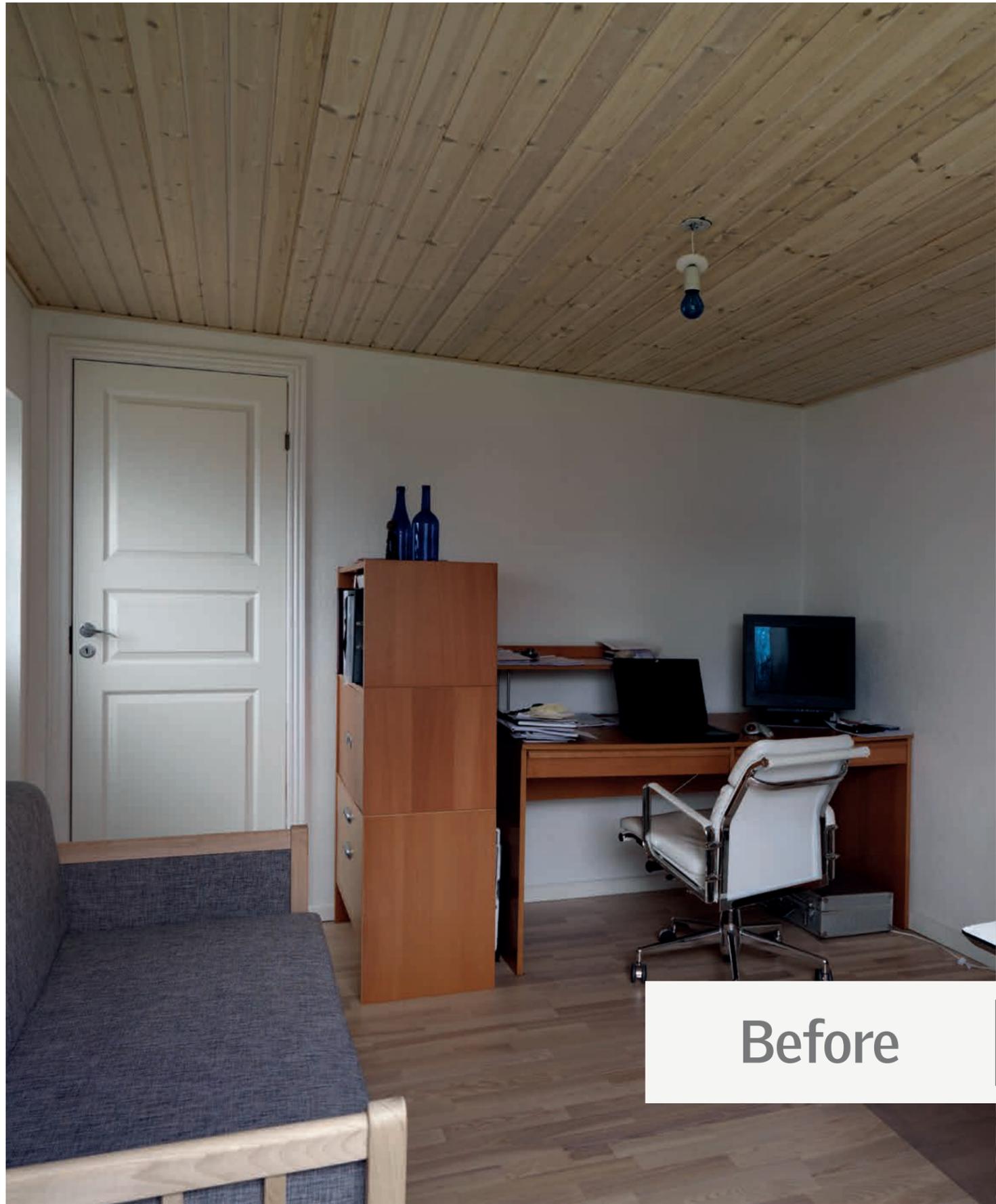
**Pick a calming paint colour:** Take a quick look at a colour chart. Which colours seem the most calming to you? For some, it could be deeper, darker shades. Others, might find lighter tones more relaxing.

Painting and decorating your bedroom in calming colours will help you get a more restful night's sleep.

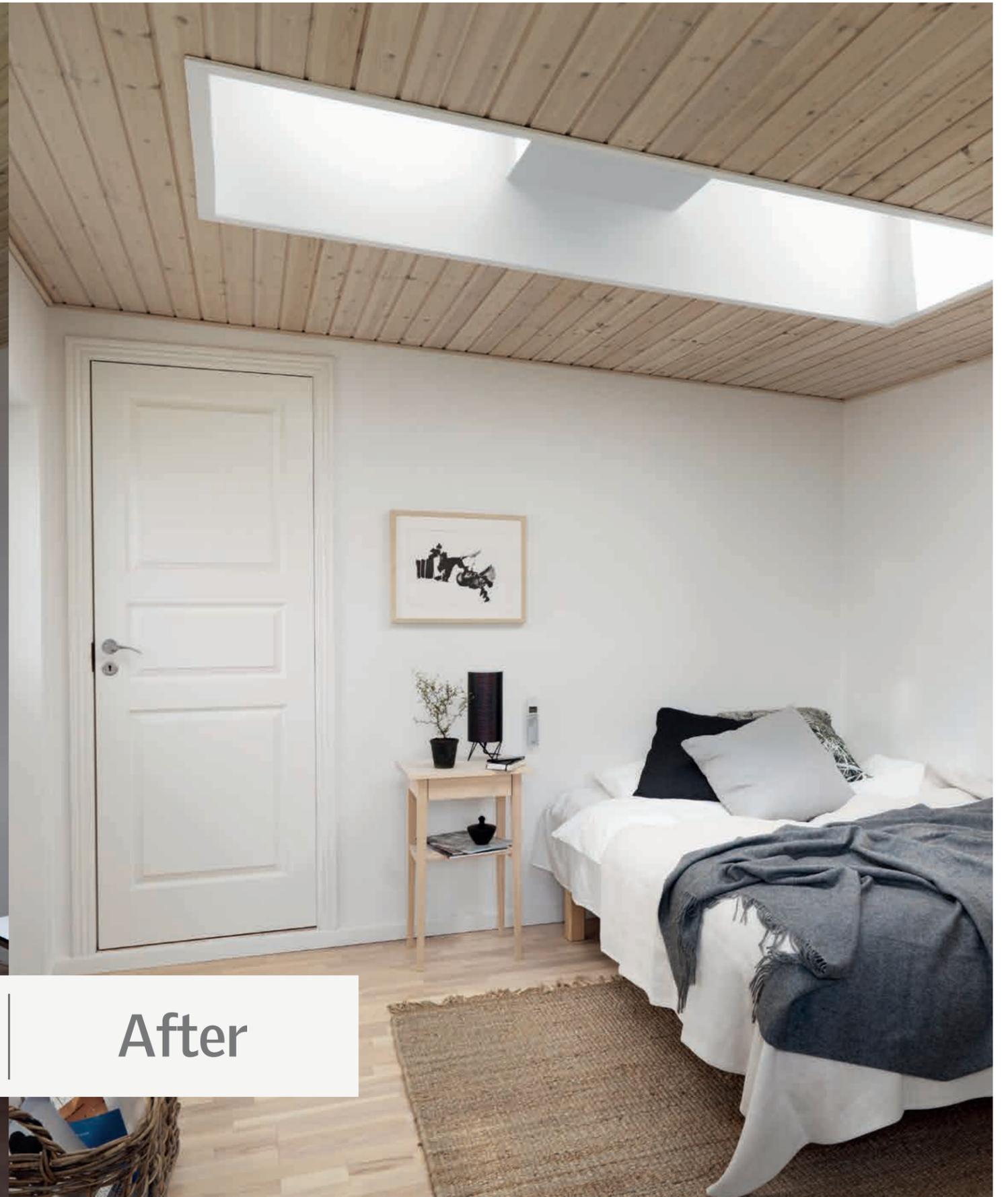
**Let in the light:** Believe it or not, letting natural light into your bedroom during the day can help you sleep better at night. Or just being in bright sunlight in general can help you sleep better—the sun helps your body to rebalance your circadian rhythm and produce melatonin (the sleep hormone).

And the easiest way to let sunshine follow you is with roof windows!





Before



After

# 3

## REASONS

### To Love Roof Windows in Your Bedroom

#### 1

##### Privacy

Here's the thing about traditional windows: they can take up much-needed room and offer you less privacy. Since roof windows are positioned on your roof with the window pane facing upwards, you can bask in all the natural light without having to worry about any privacy issues.

#### 2

##### Ventilation

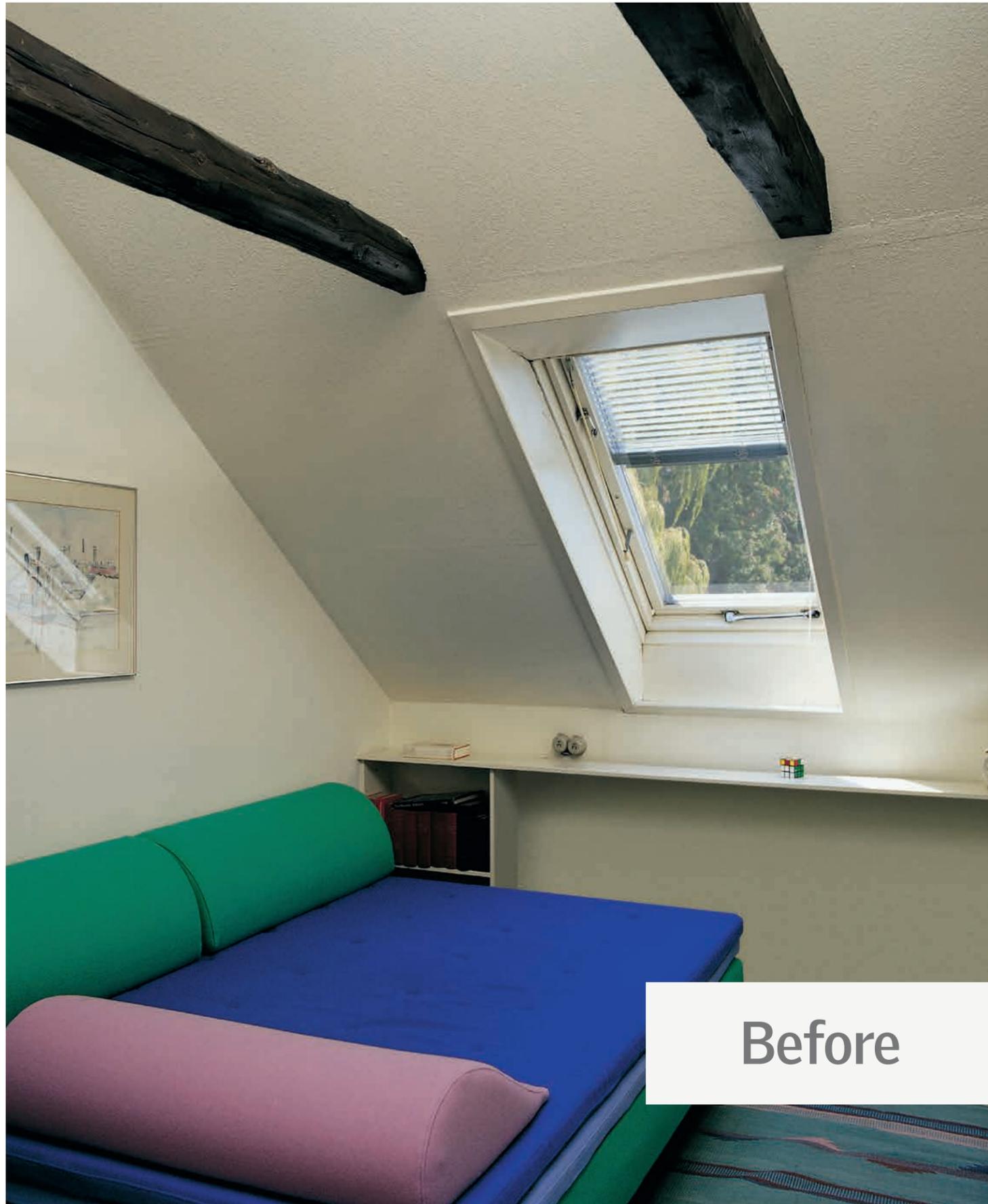
Sometimes, life calls for a nap in the middle of the day. So, when you want to block out sunlight, snap a VELUX blind to your roof window for the ultimate light control. And with a wide selection of blinds designs and colours to choose from, you're sure to find one that fits your style.

#### 3

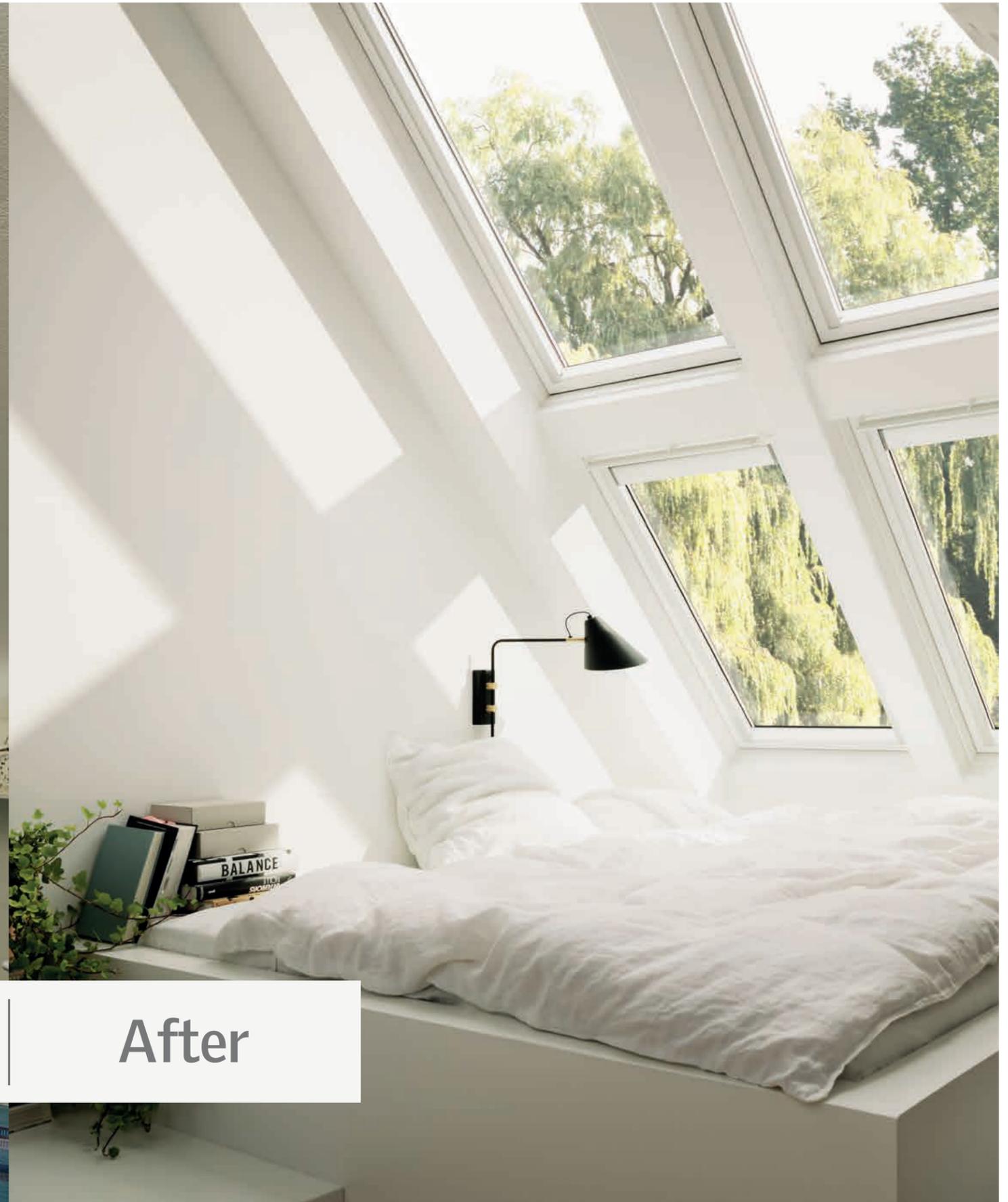
##### Better Lighting

Natural light is full of enriching vitamins and health benefits, which help restore your body's melatonin production, balance your circadian rhythm, and improve overall health and well-being. Natural light has everything you need to get a more restful night's sleep and have a more energising day.





Before



After

# Environmentally-Friendly Bedroom Designs

Nothing says peace and relaxation quite like environmentally-friendly designs.

Why not transform your master suite into a master retreat with an eco-friendly twist? There are several different options to choose from to give you that dream-like bedroom design you've wanted while saving the environment. A win-win if you ask us!

**Repurposed and Reclaimed Wood:** Save a few trees from being cut down and milled when you switch your furniture to reclaimed wood. Nothing more than reused lumber, with reclaimed wood you could turn old flooring into nightstands or a headboard, giving your bedroom a rustic feel.

**Organic bedding:** Yes, believe it or not, there is such a thing as organic bedding. This type of bedding includes sheets and pillowcases made from fibres that have never been touched by synthetic pesticides. You may not realise it, but many bedsheets we purchase can be treated with chemicals to make them feel softer. Organic bedding helps to avoid these chemicals while helping the environment. And, good news! Organic bedding made from organic cotton or bamboo is just as soft!

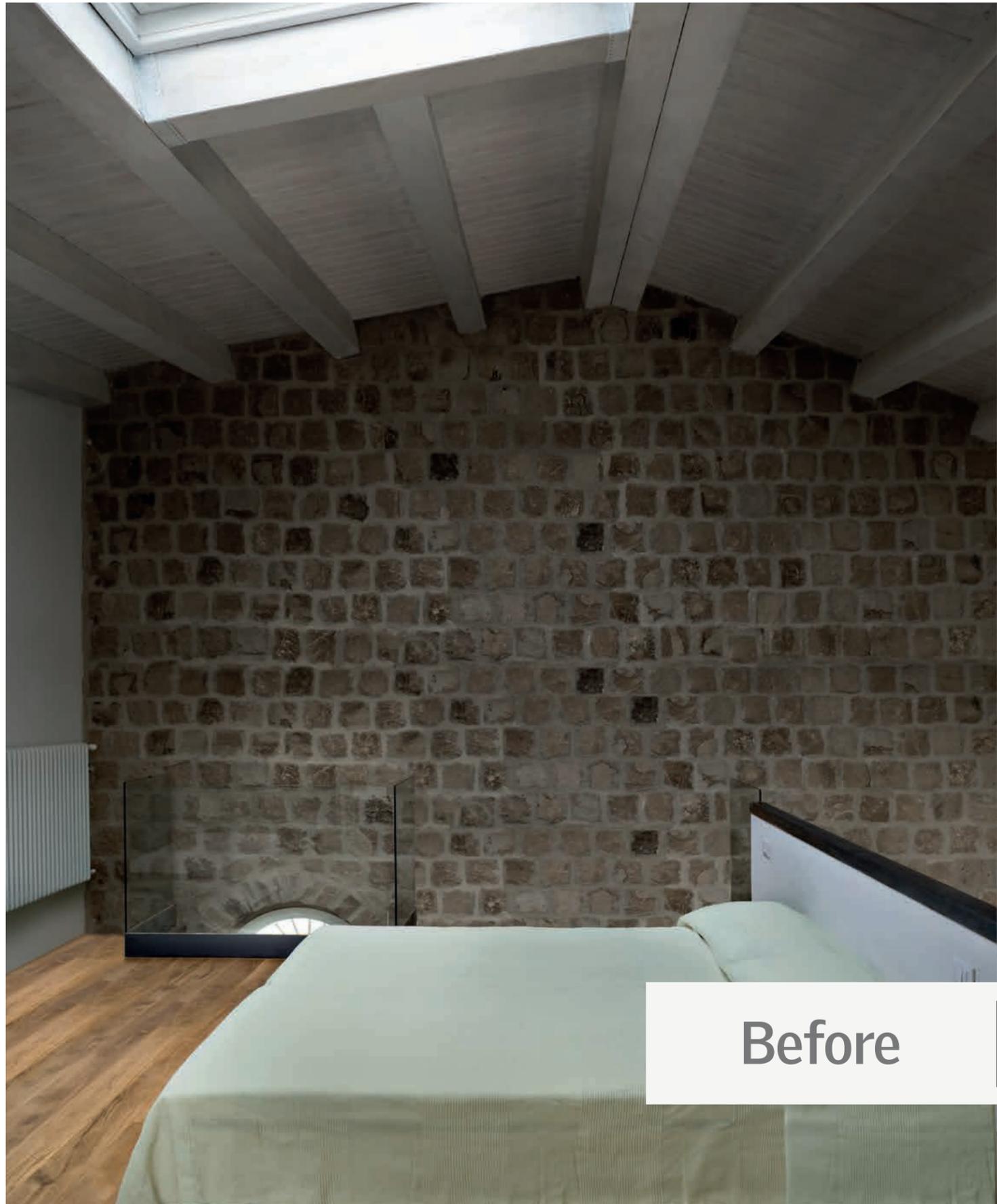
**Natural light:** We're not sure what could be more environmentally friendly than natural light shining brightly in your bedroom. Adding more windows and roof windows to your bedroom helps you depend less on artificial light and electricity and makes your home a greener space.

**Fresh Air:** Feel like your air conditioner is constantly running and hiking up your electricity bill? Well, what if you could keep your air conditioner off but have constant fresh air circulate throughout your home? You'd probably take whatever offers that! The good news is that VELUX roof windows not only allow brilliant light to shine down into your room, they also open to allow crisp, fresh air to flow in and hot, stale air to go out. See you later, air conditioner!

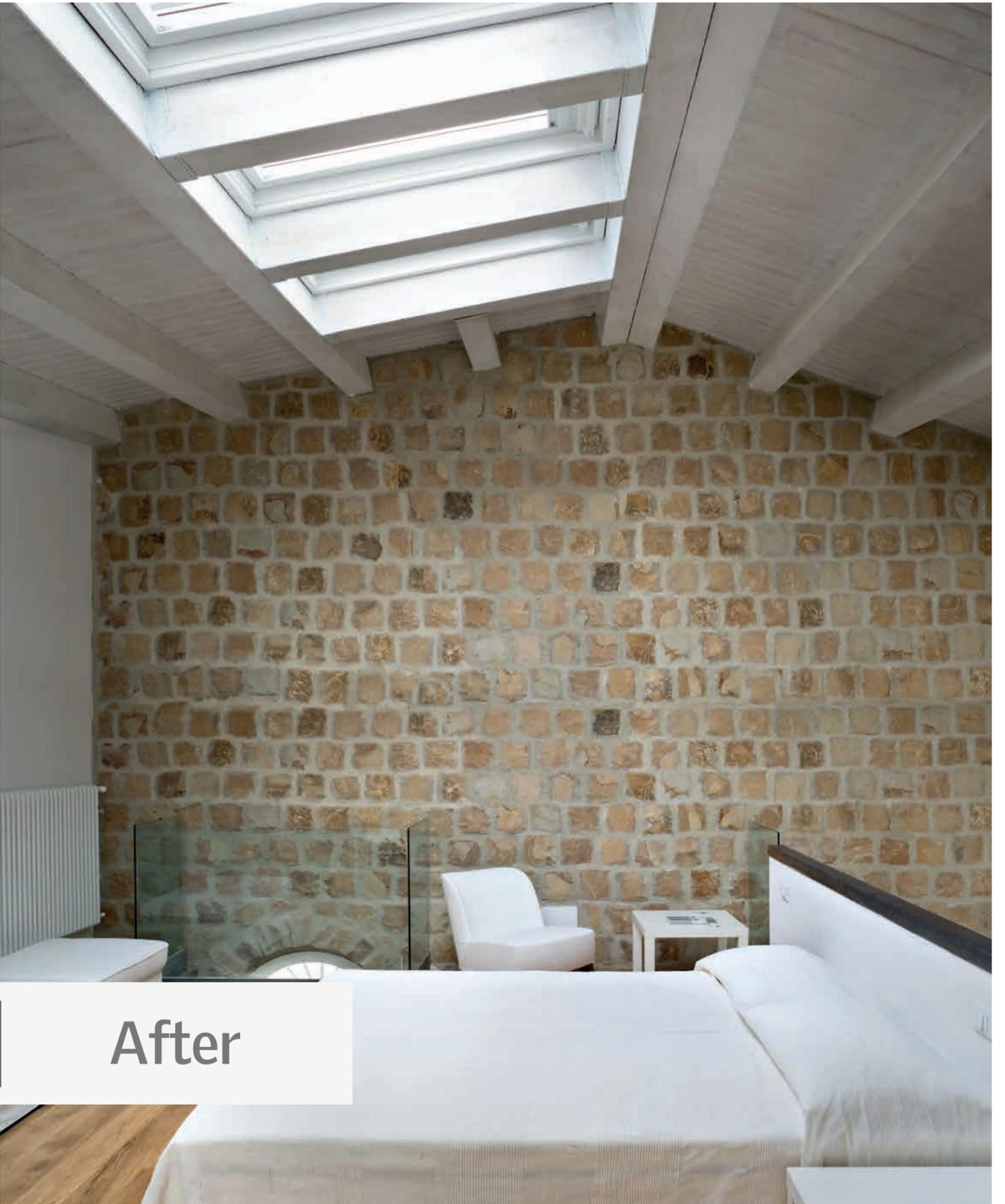
From your wall colour to your bedding, everything looks better at night.







Before



After

# Your Life Brightened with Natural Light

Natural light can enrich your health and wellbeing, and bring a whole lot of positivity.



## Vitamin D Storage

We need Vitamin D for our bones to stay strong, and to help prevent certain cancers, heart disease, depression, and weight gain. Oftentimes though, we can't relax in natural light to get enough Vitamin D our body needs. So, when you can't go out, bring light in.



## Higher Productivity

Feel like you're dragging in the morning, or you can't seem to get those last bits of chores around the house done? This is your body letting you know it needs more natural light. Studies have shown that the more we work in natural light, the higher energy levels we have compared to artificial light.



## More Sound Sleep

Nothing feels as good as waking up from a restful night's sleep. You feel as if you're instantly ready to tackle the day without coffee or a yawn in sight. Natural light can help you get there! Sunlight is an environmental indicator that helps set the phases of our body's natural circadian rhythm.



## Vision

Our eyes are put under a constant strain from computer screens, phones, and even harsh artificial light. Natural light aids in our ability to clearly see without added strain, as well as helping eye development in children and young adults.