

**VELUX®**

Inspiring Home Series:

# Your Children's Room Reimagined



# Designing the Coolest Children's Room

Create a space that encourages growth, learning, and imagination!

Parents learn early on that it doesn't take long for children to outgrow anything - clothes, shoes, toys and TV shows, even the spaces where they spend their time! Think about it: your five-year old doesn't sleep in a crib anymore, so why shouldn't their other surroundings accommodate that growth?

Taking the first steps toward updating your children's room or playroom is always exciting as you explore different design avenues and choices. There are a lot of options that can completely transform your children's space, giving it the fun - and beneficial - upgrades everyone wants.

If you're looking to create the perfect fun and inspiring room for your children, we'll let you in on a little secret: look up and say "hello" to your fifth wall!

See your children's room in a whole new natural light!



Look Up And  
Say "Hello"  
To Your  
Fifth Wall!

The playroom is arguably the most conducive place for a roof window and is also the room that benefits most from one.



## Playing with Daylight

It's easy to inspire growth, learning, and laughter with abundant natural light.

Allowing daylight to shine from above as if coming through a portal to another world, roof windows alter the appeal of a room in an almost magical way. For many of us who are used to natural light coming in only through traditional windows, roof windows can seem wondrous.

And what better place to spark that wonder than in your children's room?

The playroom is arguably the most conducive place for a roof window and is also the room that benefits most from one. If your little ones can't get enough of playing outside, then bringing the outdoors in might be the perfect alternative.

Even with just a bit of sunshine beaming through, a glimpse of the beautiful blue sky and the lush green canopy outside can make a huge difference.

The placement of a roof window in your children's room is all about combining it with the already existing pendant and recessed lights to give their space the best possible light.

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## Playing with Daylight

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Placing the roof window above the bed, for instance, is a cool way to bring in the star-studded night sky and turn their room into a dreamy, enchanted setting.

And a roof window in a small bedroom is an absolute life-saver. If you're thinking of turning the attic into a children's retreat that accommodates their study and play area, roof windows are something to consider.

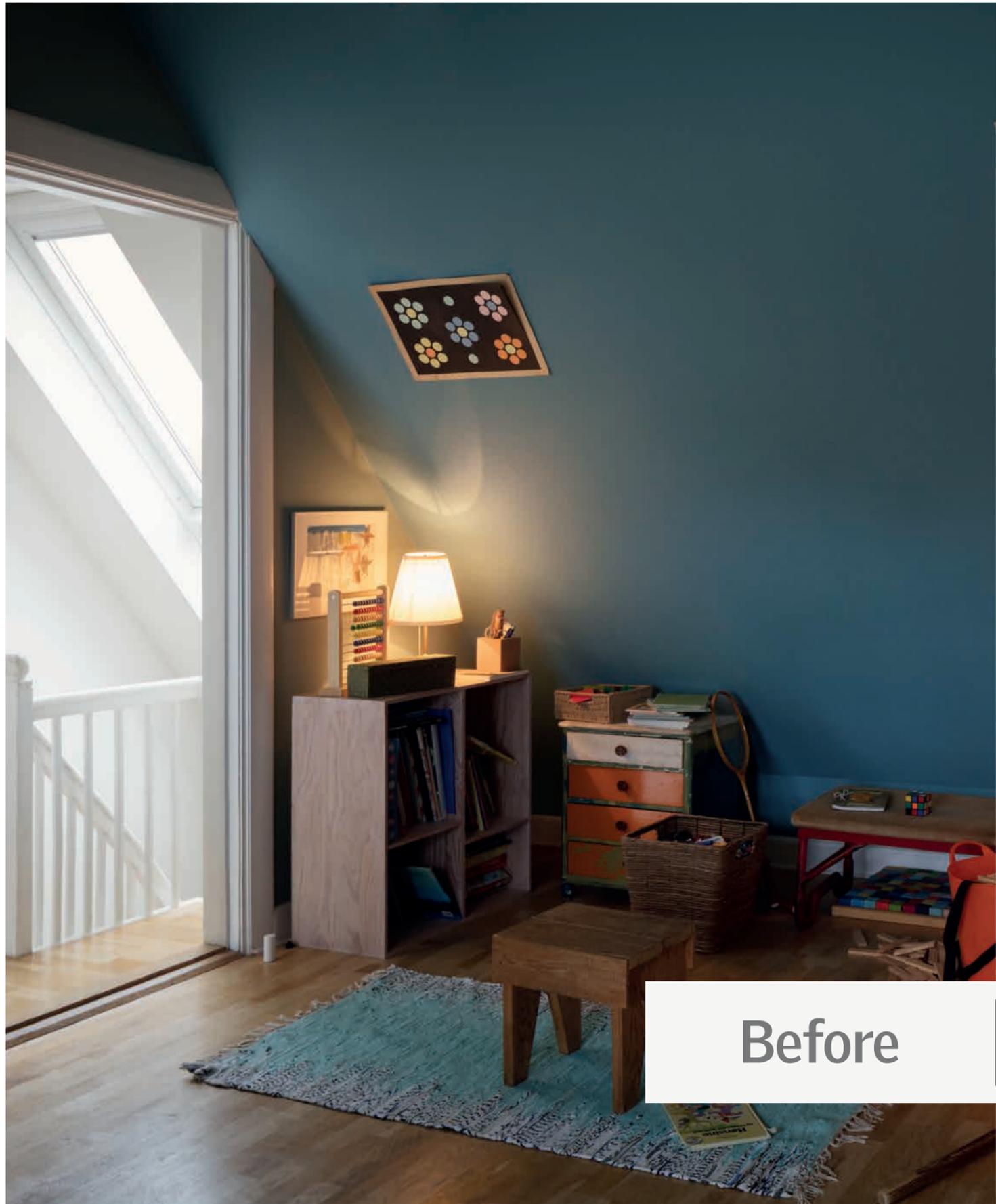
Unlike traditional windows, roof windows fill your children's room with ample natural light without casting shadows in any particular direction. They illuminate every corner of the room while adding a visual touch of sky to create a sense of spaciousness and promote creativity.

Roof windows can also enhance the existing style of your children's room several-fold. And, especially in the children's room, a roof window can help build the habit of getting up with the sun each morning. No more having to force your sleepy children out of bed a million times each morning - the sun can do it for you!

From cutting energy costs to bringing in daylight and forming a creative, healthy living space, a roof window offers a host of rewards unlike anything else.

So, maybe it's time to think about bringing one into the children's room too!





Before



After

# 3

## REASONS

### To Love Roof Windows In Your Children's Room

#### 1

##### Encourage Healthy Growth

Daylight is an excellent source of Vitamin D, which promotes bone growth and cognitive functioning while helping prevent depression and weight gain. Exposure to daylight also influences serotonin production, which plays an important role in brain development. Increased levels of serotonin are also related to feelings of wellbeing and happiness in children, so when you can't go out, bring daylight in!

#### 2

##### Sleep More Soundly

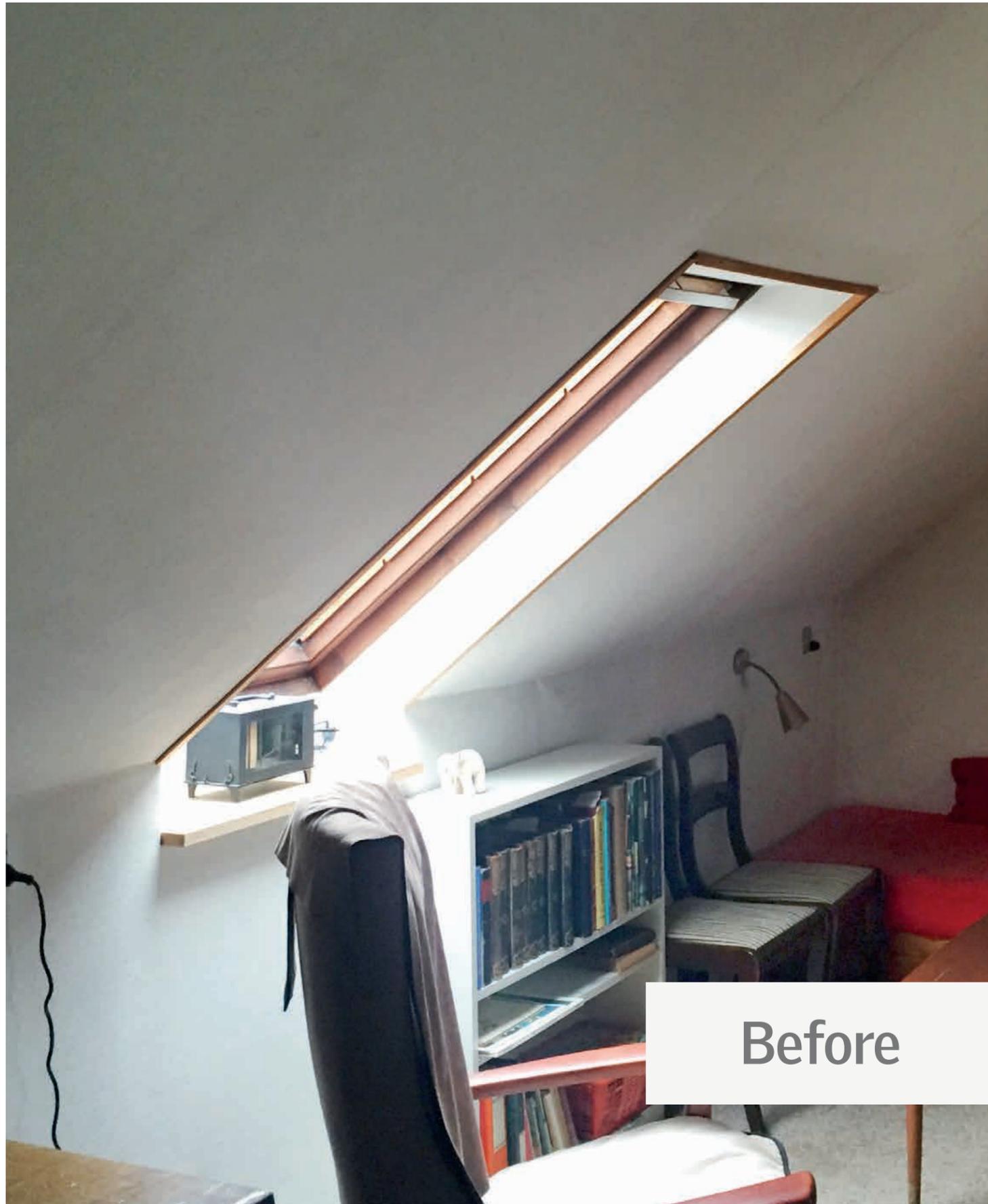
Depending on their age, children need 9-13 hours of sleep per night, and daylight can help. Sunlight is an environmental indicator that helps set the body's circadian rhythm (sleep/wake cycle). In other words, it helps the brain learn when it's time to produce melatonin for us to fall asleep and acetylcholine for when it's time to wake up.

#### 3

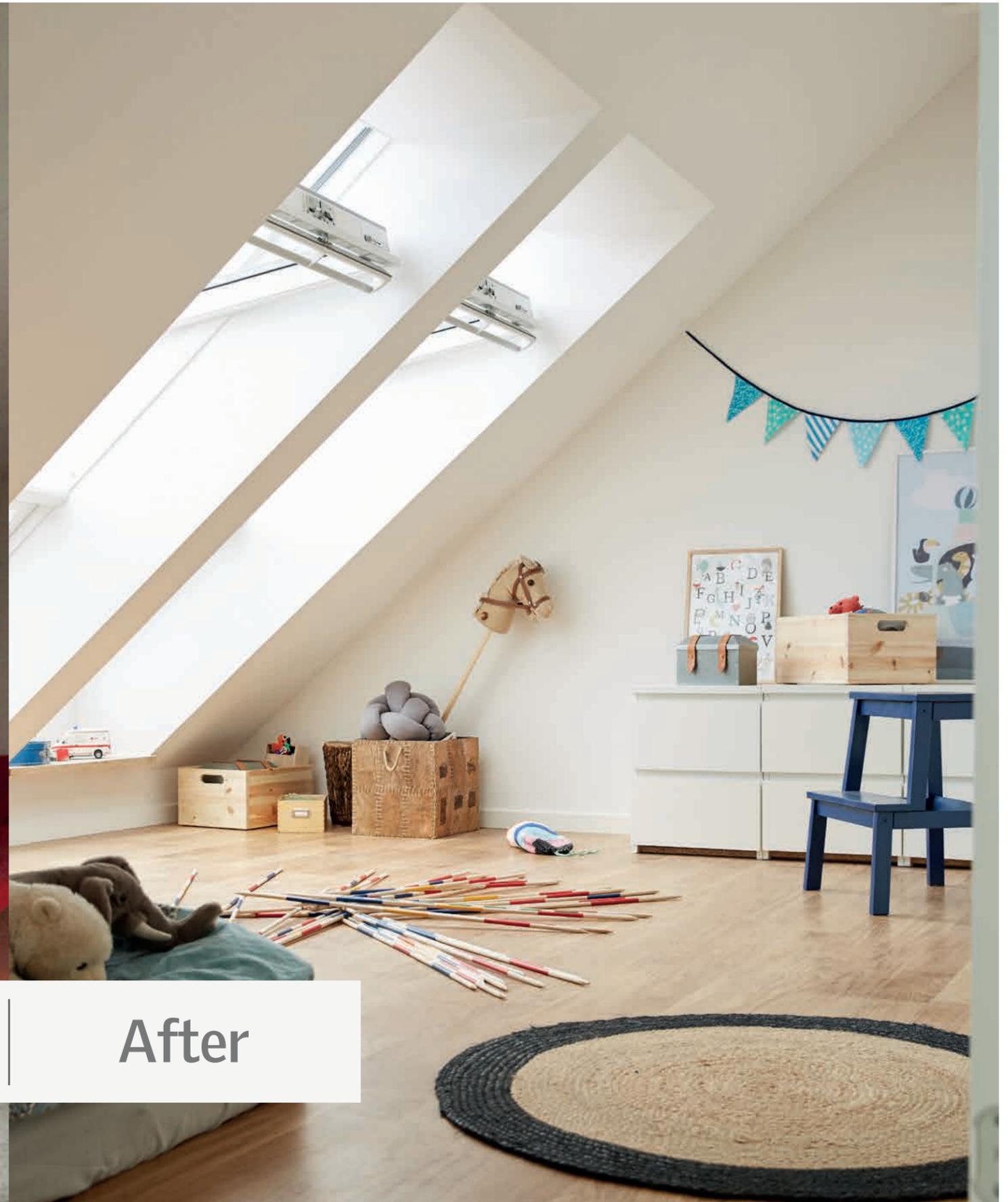
##### Promote Eye Health

Vision, unfortunately, is not one of those things that gets better with age. But you can help your children form good eye health habits with daylight. Natural light aids in our ability to see clearly without eye strain. Daylight also promotes eye development in children and young adults, so try to surround them with it as early as possible!





Before



After

# A Refreshing Take on Your Children's Room

You know your kids deserve the best; it's time to give it to them.

You love your children and want nothing but the very best for them. So why not give them a space to learn and play that's full of natural light and is continuously refreshed with fresh air? VELUX roof windows allow you to do both!

Fresh air is an important factor to our overall health and well-being. This is especially true when we're growing up. Typically, unless it's summer, children spend a lot of time indoors - between school, homework, and chores - but it's still crucial to their development to get fresh air daily, all year long.

There is a myriad of health benefits related to fresh air exposure, namely children who get more of it experience an increased intake of Vitamin D and decreased hyperactivity and depression. Fresh air also improves lung health, ridding them of impurities such as car fumes and dust.

Making sure your children get fresh air can also help inspire creativity and sharpen their minds. More oxygen results in greater brain functioning, improving concentration skills and even moods. With all these benefits, it's clear how important fresh air is to your children's development! And, let's get real for a minute: children seem to have a way of finding, creating, or bringing in new and

sometimes interesting smells. Without proper ventilation, your children's room can go from a fun play place to a real mess in a heartbeat. Roof windows can help air out those funky smells and move fresh air in.

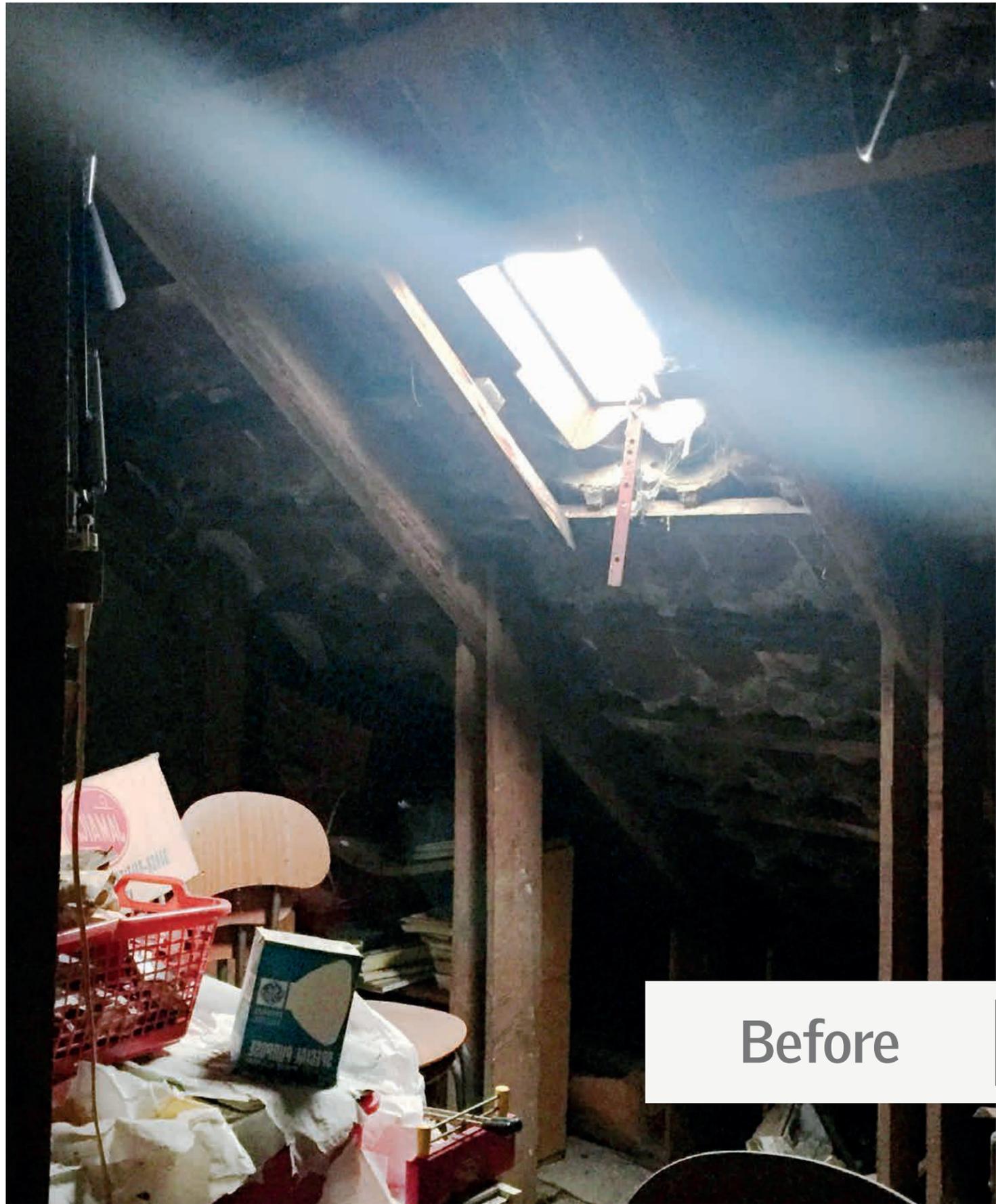
While you can't always ensure outside playtime, you can increase your children's exposure to fresh air with strategically placed roof windows. After all, what better way to brighten your children's space than with plenty of daylight and ventilation? And with our Clean, Quiet & Safe Glass, VELUX roof windows are built to be the safest windows to play, learn, and sleep under.

Your children's room is a hive of activity, full of life, giggles, and wonder. It's a room not only for sleeping, but for learning, playing, and growing. Add more life to their room and let them explore the great outdoors right from their window with VELUX roof windows!

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Before



After

# Your Life Brightened with Natural Light

Natural light can enrich your health and well-being, 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.