

How to cool your home, cool your body during a hot summer day

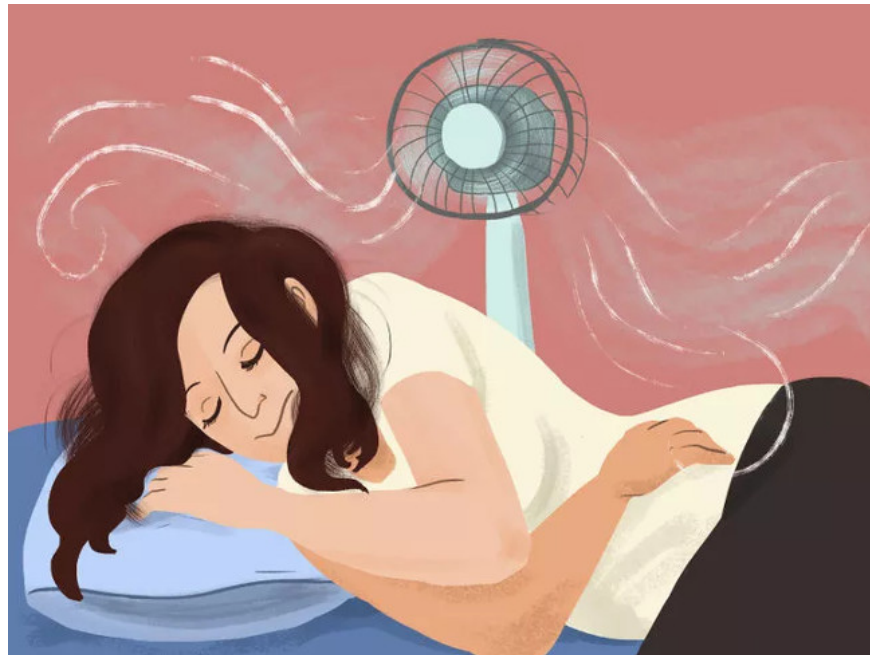
12 ways to prevent heat in the article will help cool the house, cool the body during hot summer days. You can cool your house in fairly simple ways, please consult.

Climate change has greatly affected the temperature in our country today. Winter is still hot and less cold, in summer, the temperature rise, the heat and heat make you extremely uncomfortable. So what do you have to do to cope with extreme weather conditions and erratic changes today.

If your family is not economically qualified to be able to install an air conditioner to reduce heat, you can apply some of the following natural methods to cool your body and cool your house. You on these hot summer days!

I. Methods of cooling the body

1. Cooling sleep



During the summer days, due to the high temperatures that make the heat background hot and make you very uncomfortable to fall asleep, you can apply some of the following ways to help you feel comfortable. more sleepy.

1. **Put a fan in the bedroom** : This is definitely essential every summer. A fan, turned on in shooting mode can help you dispel the heat of summer. If you like, you can also open the window and put the fan on the window, which will also help you draw cool air from the outside to make your room cooler. Note: placing a fan on a window should only be left at night to cool, and if it is left in the day, the fan will draw heat into the room, making the room hotter.
2. **Water buffering** : In the last few years, water mattresses have been increasingly used by many people in their families' summer to relieve the heat. Water cushions are no different from normal air cushions, but water cushions containing water on the inside have a very effective heat dissipation effect.
3. **Put the pillow in the refrigerator** : Before going to bed for 1-2 hours, you want your pillow to be cool and comfortable, you can put the pillow in the zip bag, then lock it and put it in freezer fridge so you can have a pillow that radiates heat all night without worrying about heat.
4. **Use pillowcases and blankets with silk or chiffon fabric**: Because these materials are used for very cool, soft summer, it makes you feel more cool when you sleep.
5. **Vision also affects our feelings**: If you go to work when you see a blanket, your pillow is messy, causing you to feel hotter. So if the weather is too hot, you can put blankets, pillows in the cupboard and when you go to bed, take it out to make the room feel airy.

2. Give your body plenty of water

1. What if you drink water as soon as you wake up?
2. 7 great things will happen if in 1 month, you only drink filtered water



In the summer, the sweat we release more than usual makes you always feel dehydrated and dehydrated in your body so providing enough water will help your body cool.

1. Every day you have to supply 2 liters of water equivalent to 8 glasses of water a day, besides you can add oranges, lemons, mint leaves . To add vitamins to your body.
2. Equip yourself with a spray of water or mineral spray to help you cool down immediately when going outdoors.
3. Use a headband or a face towel dipped in water and put on your forehead to help reduce body temperature.

4. Using misting fans: This is probably a good method for every family, the misting fan not only cool but also the steam emitted makes you feel like spraying steam on the cool skin immediately.
5. Drain cold water around your wrist for about 10 seconds. This will help reduce body temperature by about an hour
6. Foot bath in cold water tank: The body radiates heat from the hands, feet, face and ears, so cooling any of those parts will also help cool the body.
7. Fill the bathtub with water, then soak in the cool water, after the body gets used to the temperature of the water in the tub, empty the tank and let the new water cool down. This way will make your family very expensive and consider it.
8. Swimming outside the beach: This is the best way to cool off in the summer. In the summer most families have travel trips to avoid heat.

3. Apparel suitable for summer

1. The secret of choosing professional clothes for the public in summer



Costumes also help you somewhat reduce the heat of summer. Here are some ways to choose the dress you should apply to wear in the summer.

1. To cope with the hot weather of summer weather, the clothes that create a cool feeling and bring comfort to the wearer are always the first choice for women. Two blue and white tones are the colors that are prioritized by women.
2. On summer days, the amount of sweat is much higher than in the winter days so you should choose for yourself the clothes made from good and natural sweat absorbent material (cotton, linen) instead of Material like nylon, artificial fibers will make the pumpkin slightly in the body, making you more uncomfortable.
3. When going to the street, shield your body with a hat, mask, glasses and sunscreen to avoid the sun. Because in fact, when we go out, we protect our body carefully not only to avoid the harmful effects of UVA and UVB rays but also to make your body feel more cool and comfortable.

4. Change the diet to match the weather



During hot summer days, we often feel tired, tired of eating and the body is always in a state of lack of water that makes our body tired and at risk of getting sick. So in the summer days you need to increase the supply of glucose and B vitamins such as rice, egg, milk . fully. Do not eat a lot of fat-rich foods but also not overly limited because fat helps vitamin A dissolve, prevent the body from lack of vitamin A, leading to dry eyes and dry skin.

5. Should sleep downstairs of the house



In the summer, we will think that the higher the floor, the cooler and stay cool. But this is not true at all. In the summer, hot air always rises high, pushing cold air down. If your home is a five-story house, then the basement and the first floor are definitely the coolest of the house, so in the summer you should go to sleep on the lower floor and you will feel the cool air of the floor. summer.

II. How to cool the house

1. Always pull curtains



According to scientific researchers, 30% of unwanted heat comes from windows. Therefore, closing the curtains during the day will help you prevent the heat from outside from reaching the room. To prevent the best sunshine you should choose dark colored blinds to avoid heat radiation. With this simple way, you can save your family's electricity bill very much, please see.

2. The windows are always closed, not necessarily good



If you close the door during the day to avoid the sun, then open up all the windows in the evening so you can catch the cool natural breeze from the outside blowing into the house. The air flow will help your room become cool and the air is circulated, free from the secret and smell of the room. This not only helps to get a cool natural

wind source, but also helps the air in the room have more oxygen and reduces the feeling of heat.

3. Use a ceiling fan to cool the whole room



Instead of using a fan or wall fan, you should install a ceiling fan. Ceiling fans help to spread the air evenly across the rooms.

A good tip for you in the summer when using a ceiling fan is that you should install a ceiling fan rotating in an anti-clockwise direction, creating a light breeze, when standing under the fan you will feel the direct cold wind down. body, cold air concentrated and not diluted throughout the room.

4. Homemade mini air conditioner



If your family does not install air conditioner, the sweltering atmosphere makes you extremely uncomfortable, then apply the following method to create your own air conditioner. You put a stone in a metal bowl, then add a

few salt particles and place in front of the fan wind, you have a cool air stream emitted from that ice bowl, it's simple. no

5. Minimize the amount of heat emitted in the house



On hot sunny days you should limit the use of a stove or oven to cook, instead use a microwave to help turn nine fast food without creating too much heat for the room. Besides, incandescent bulbs also produce a lot of heat, so switching to compact fluorescent light bulbs or LED light with white light will make your eyes feel cooler and also help you reduce electricity bills. . TV and computer, if used too long, should also be turned off to reduce the heat for the machine and the room, while protecting the device and the room.

6. Planting trees in the house



In the summer to make the indoor atmosphere feel better you can put a few more pots of green plants in the house, or plant a bunch of creepers around the outside to help prevent sunlight from hitting the wall. Not only

that, trees also provide good oxygen, dust prevention and air purification, so the indoor air if green plants will be very open and comfortable.

7. Insulate the house



If the house you live in is usually exposed to the sun directly into the house, you should install an insulation system in windows and attic. Will help your house become a lot cooler.

Wish you always have fun and have a good health for this summer!

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