



Inspiring Home Series:

Reimagine Your Bedroom with Skylights

Designing Your Dream Bedroom

The bedroom is our place of solace after a long day. A room where we go to recharge our minds and bodies. We tend to keep our bedroom in a more secluded part of the home, shutting it off from the outside world as we seek sleep. What's interesting though is that it isn't the dark that helps us attain restful 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 skylights are positioned on your roof, you'll never have to worry about lack of privacy either.

It's time to open your ceiling up to the starry night sky and beautiful colours of the morning sunrise. To see your bedroom in a whole new natural light, all you have to do is look up.



Open your space in
a way light bulbs and
paint never could.

How to Get a More Restful Night of 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. When you're well-rested, you're less irritable, you smile more, and you're prepared for anything life throws your way.

So, raise your 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.

Pro tip: When looking for a mattress, try them out. While you might think you'd prefer a soft, plushy mattress, you may find a firmer bed helps you sleep better. Finding the right mattress for you is all about knowing how you sleep and what level of comfort you prefer.

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.

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Natural lighting can be ideal for both your health and your energy bill.

Find the right pillow: Your pillow is another important component of getting a restful night's sleep, and choosing one is all about how you sleep. If you're a stomach-sleeper, opt for a lightweight pillow. If you sleep on your side or your back, a heavier weighted pillow will offer more support.

Pick a calming paint colour: Take your time choosing a calming paint colour because this will be different for everyone. Do you find deeper, darker shades or lighter tones more relaxing? Whatever your preference, painting your bedroom in a calming colour can help create 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. In fact, 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 into your bedroom is with skylights!

Before



After



Three Reasons to Love Skylights 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 skylights 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 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 energizing day.

3 Light Control

Sometimes life calls for a nap in the middle of the day, and skylights don't have to prevent that. VELUX skylights are available with preinstalled, solar-powered shades to help you control the amount of light coming in while matching your bedroom style.



Environmentally Friendly Bedroom Designs

Nothing says peace and relaxation quite like environmentally friendly designs.

Transform your bedroom suite into a luxurious 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: This type of bedding includes sheets and pillowcases made from fibres that have never come in contact with synthetic pesticides. You may not realize 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 skylights 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 venting skylights not only allow brilliant light to shine down into your room, but they also open to allow crisp, fresh air to flow in and hot, stale air to go out. See you later, air conditioner!





Your Life Brightened with Natural Light



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 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.

Natural light can enrich your health and well-being, and bring a whole lot of positivity.

At VELUX, we believe in daylight and fresh air because of their restorative and transformative powers. Daylight is the source of nutrients that power us through the day, rebalances our circadian rhythm, keeps us healthy, and gives us a more positive feeling. So, let's take a closer look at how natural light can really brighten your life with all its benefits.

Before



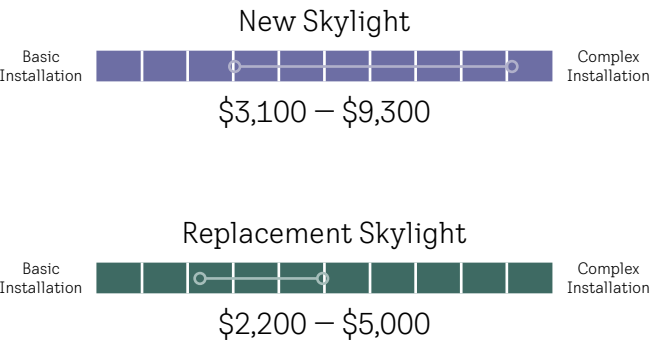
After



Skylights for Your Bedroom

The VELUX Solar Powered Fresh Air Skylight

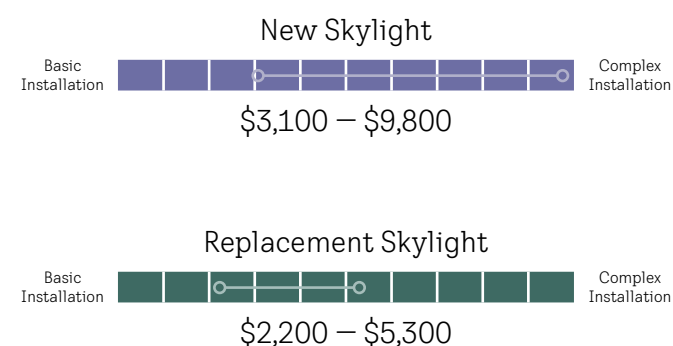
When you pair natural light with fresh air, you open your bedroom to a world of crisper, clean air and brighter days.





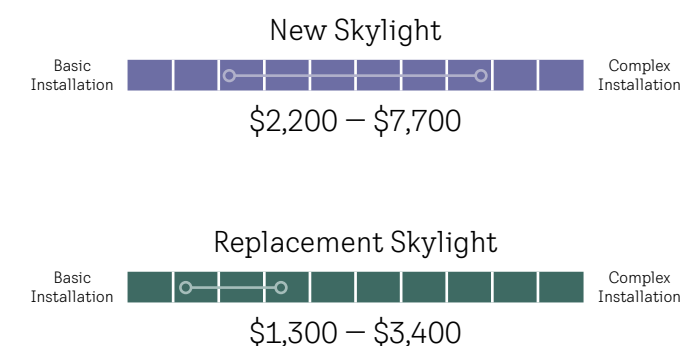
The VELUX Electric Fresh Air Skylight

Let abundant natural light flow through your bedroom while blocking heat. The venting feature of this electric skylight reduces the need for air conditioning and improves indoor air quality.



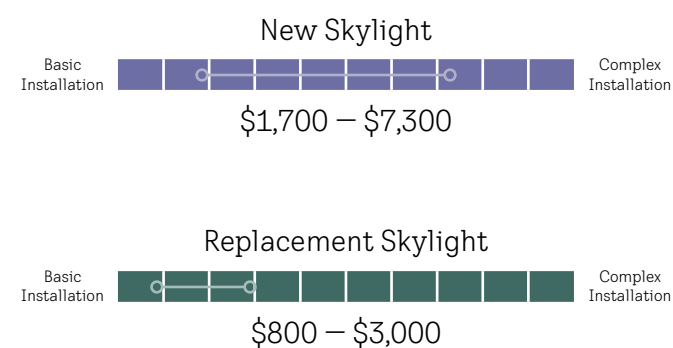
The VELUX Manual Fresh Air Skylight

The manual-venting feature of this skylight brings all the light into your space while letting go of stale air. An operator hook makes it easy to open and close the skylight to improve your bedroom's air quality.



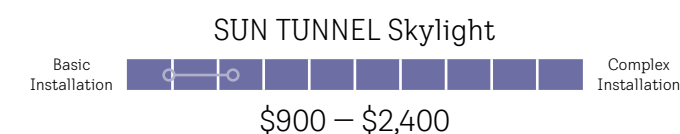
The VELUX Fixed Skylight

With versatile sizing and a clean exterior profile, this skylight provides abundant natural light to your bedroom without obstructing the roofline.



The VELUX SUN TUNNEL® Skylight

Even the smallest spaces deserve to be awash in natural light. If your bedroom cannot accommodate a traditional skylight, choose a SUN TUNNEL Skylight to brighten your space with clean light.



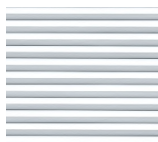
Complete light control.

Solar Skylight Shade Pairing

Skylight shades offer light control and enhance your decor, all while improving energy efficiency! VELUX Fresh Air Skylights can easily be paired with our **pre-installed Room Darkening, Double-Pleated Shades in White.**

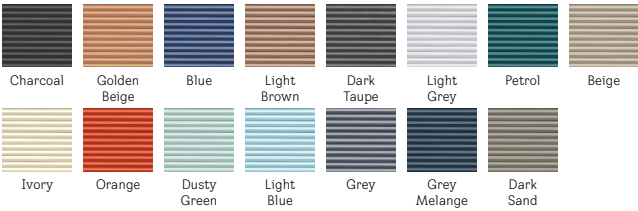
- Blackout cloth
- Honeycomb structure
- Neat pleats

In-Stock Shade¹ Free factory installation
Room Darkening, Double-Pleated



White

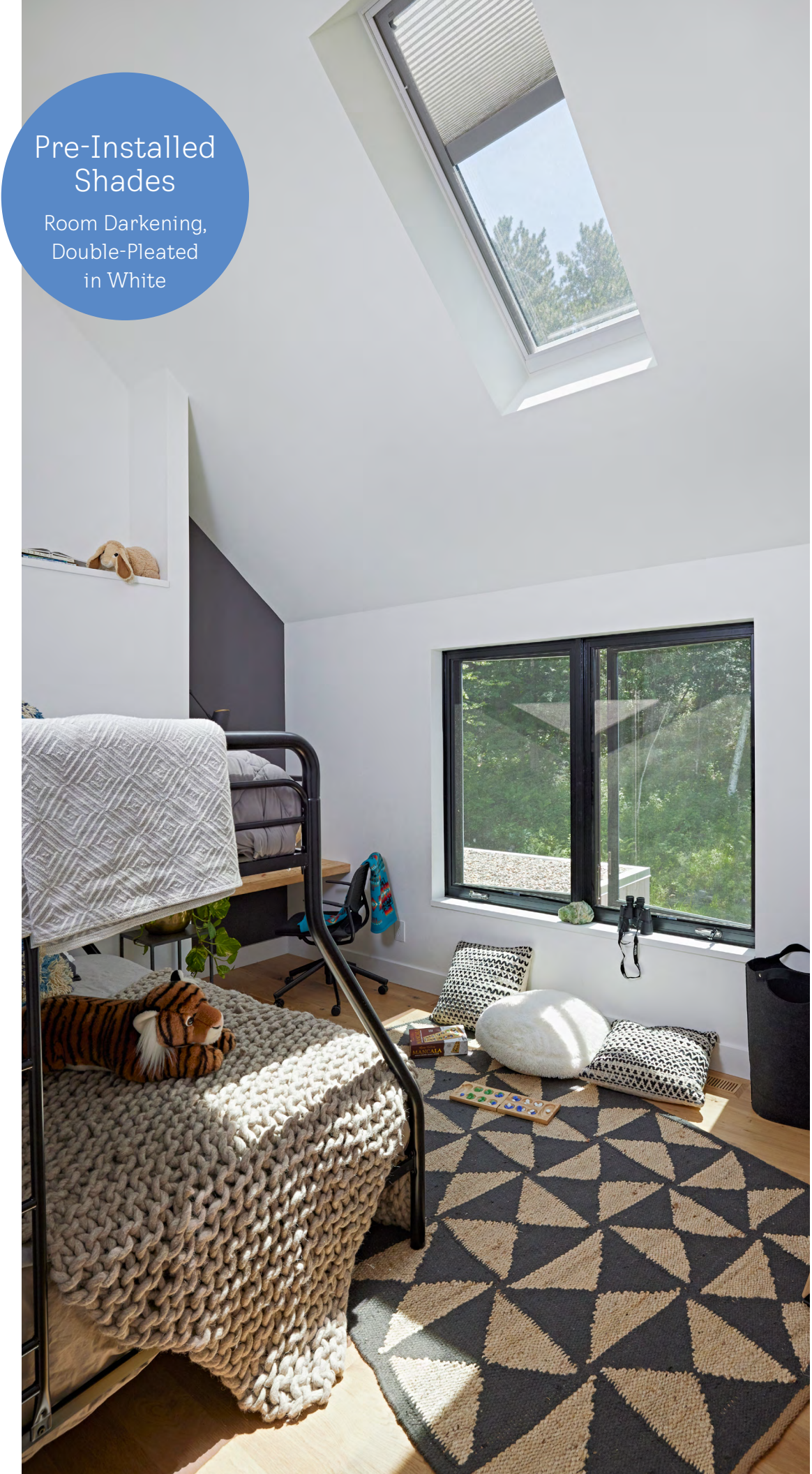
Special Order² Ships separately from skylight
Room Darkening, Double-Pleated



Light Filtering, Single-Pleated



¹**In-Stock:** Available for factory installation, 3-5 business days. Custom sizes must be placed as special order. ²**Special Order:** Not available for factory installation. Shades ship separately from your skylight, 4-6 weeks.



Pre-Installed
Shades
Room Darkening,
Double-Pleated
in White



Talk Skylights with a Trusted Advisor

The design experts to help you reimagine your space.

VELUX Trusted Advisors are waiting to help you create the room of your dreams with skylights – from the first steps of your skylight journey to final installation. Simply schedule an appointment to meet with your own personal consultant who can answer your questions and talk you through the entire process.

Whether you have questions about how a skylight works, where they should go in your home, or even installer recommendations, the VELUX Trusted Advisors are here to help.

SUITABILITY: Determining the suitability and compliance with local or other applicable building codes or standards, of all building components, including the use of any VELUX products, and the design and installation of any flashing, is the responsibility of the buyer, user, architect, contractor, installer, and/or other construction professional. VELUX will not be liable for any problem or damage relating to inappropriate or faulty building design or construction, maintenance, installation, or selection of products. Skylights, Roof Windows and SUN TUNNEL® are only one element of a structure; VELUX does not warrant that third party certification of a building or project to any specific standard will be achieved through the use of any VELUX product.

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