

Inspiring Home Series:

## Your Extra Room Reimagined







### Designing The Best Guest Room Around

You've decided to give that extra space a makeover. Hooray!

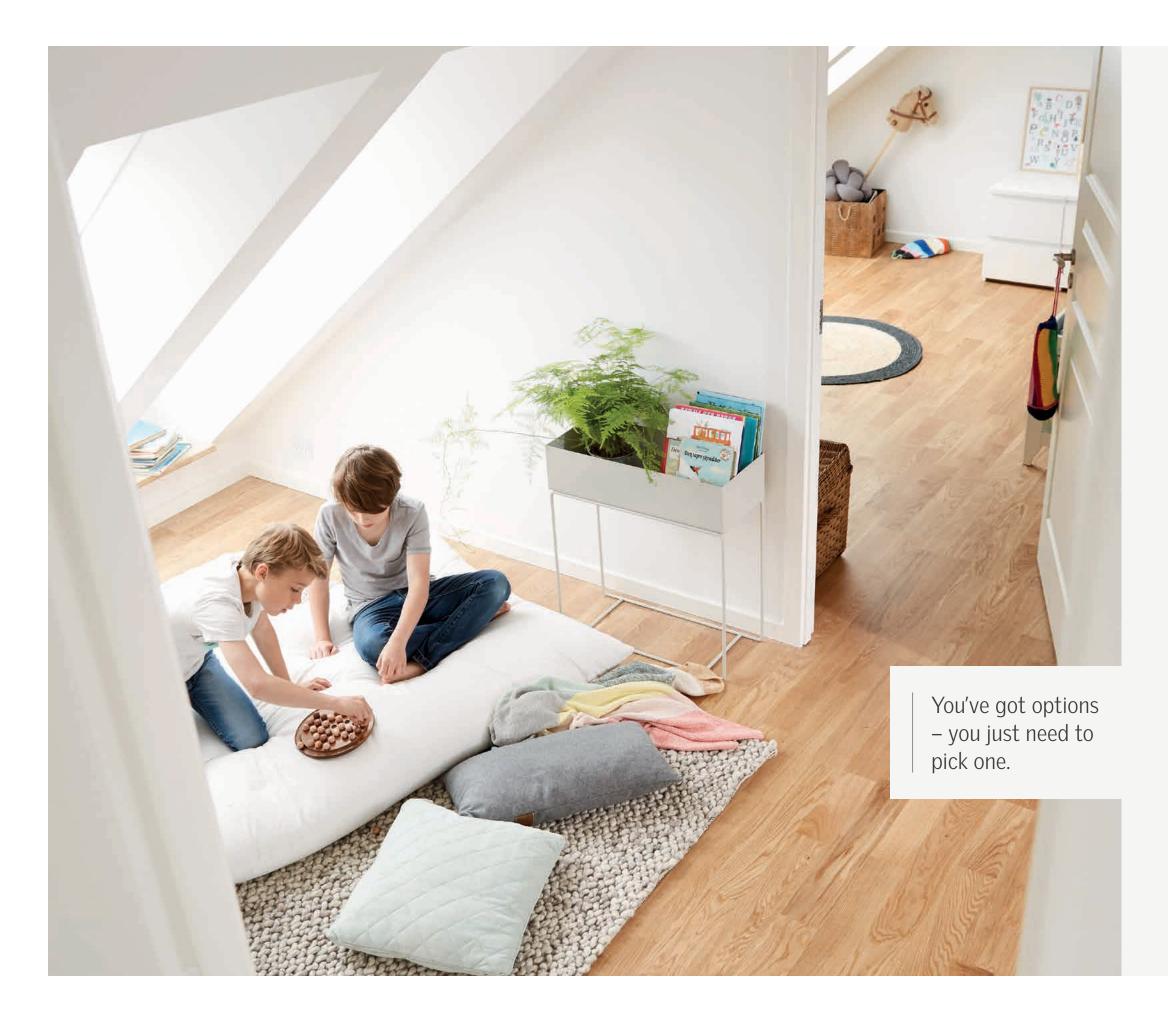
Guest rooms are notorious for being the room that catches our extra stuff. That oddly shaped space. The room that has a purpose but no real design focus. Ever thought about changing that?

It's time to design a guest room worth showing off. The first step you should take is deciding what you want your guest room to become. It could perform double-duty as a movie room, playroom, or even an art studio, to name a few. You have a lot of different options that can transform your space and give it less of that guest room feel.

So, if you're ready to define your guest room as something more than just an extra space, we'll let you in on a design secret. Look up and say "hello" to your fifth wall!

See your guest room in a whole new natural light!





## Room for Endless Possibilities

Alright, it's time to talk about your guest room.

You know, that space that has a funky shape with low ceilings. The room typically above your garage with a staircase of its own. It seems just about every renovation show on television shows off these immaculate guest rooms filled with happy families spending time together. But who really knows how to transform their own guest room? Well, we have a few ideas!

Before going to work on your guest room, answer one question. What else will you use this room for? It could be anything! It could be a game room, a home movie theater, playroom, home office, or even a home gym. You've got options – you just need to pick one.

So, we'll give you our ideas on how we would transform a guest room.

If you're thinking about a game room, opting for hardwood floors can make it easier to slide around tables or add in heavier furniture, like a pool table, without worrying about the carpet. Or if it's a kid's play room, comfy furniture and ample storage areas for all their toys can make the room a fun area while keeping it organized.

Other options for your guest room could include:

**Homework Space:** A distraction-free room that provides a great work environment for your kids to get all their school

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#### Room for Endless Possibilities

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work out of the way. Pick cool and calm colors to help with productivity and a good work station.

Create a space where it's comfortable to relax and watch television or play a game. All you need are comfy couches, fun memorabilia, and a big TV.

**Art Space:** Whether you love to paint, take photos, or play music, the bonus room could become the extra space you need. Instead of crowding the kitchen table or playing loudly in the living room, disappear into the bonus room for some much-needed quiet time.

Your guest room is your oyster. It can become any room you want it to be. But, before you go scampering off, there's one big suggestion we have. No matter what you decide to transform your guest room into, be sure to add in natural light. VELUX offers "Fresh Air" Skylights and other roof windows that fill your space with bright, natural light and fresh air.

It's your home's extra room, make it the place where everyone wants to be.



# 3

#### **REASONS**

To Love Roof Windows In Your Guest Room

#### **1** Better Lighting

We've all heard that natural light is the best light to have in your home. The reason is that natural light provides a clean, white light that cast few shadows, unlike artificial that emits a yellow or blue tint.

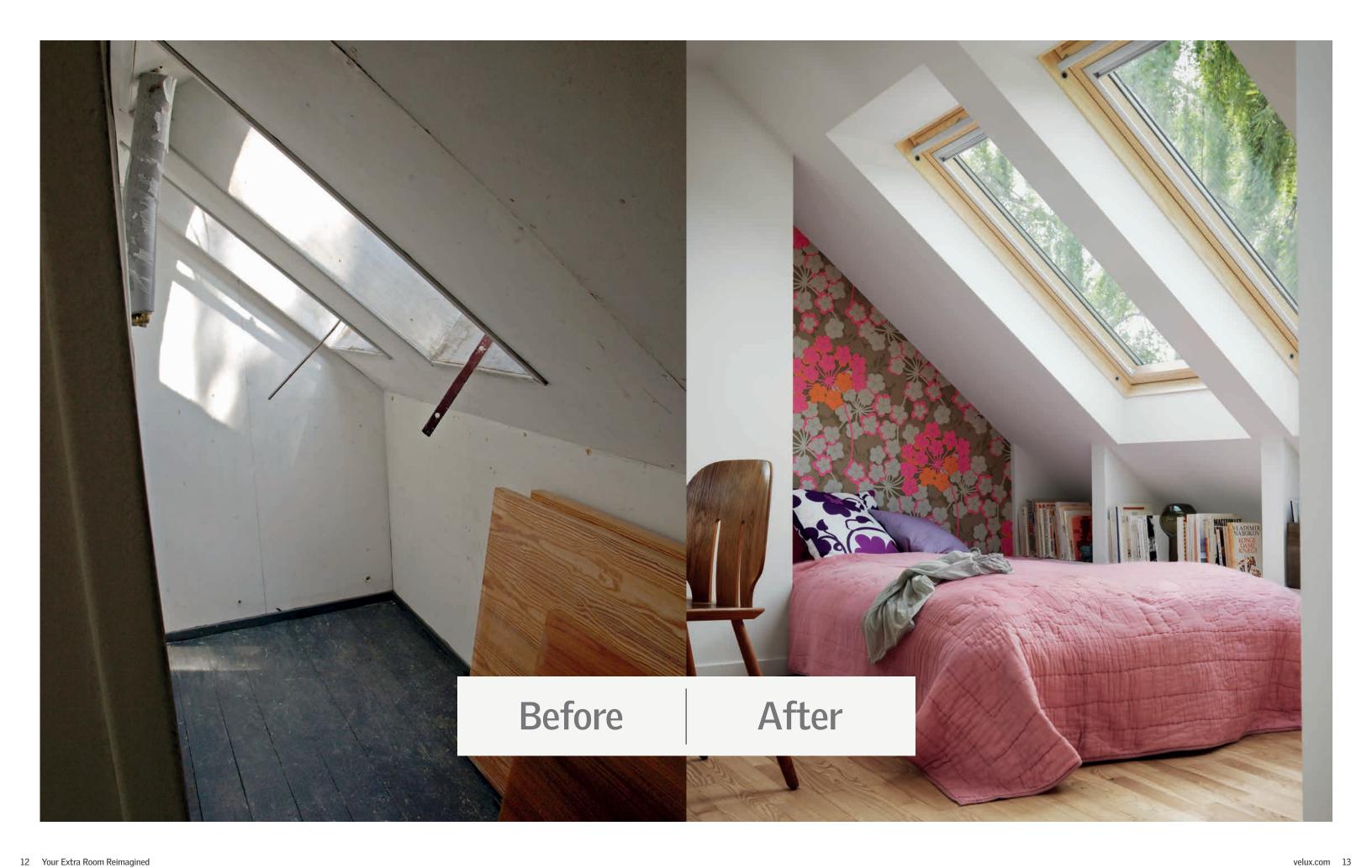
#### 2 Health

Natural light and fresh air provide a good source of energy and mood boosting support for your guests.

### Sleep Cycle

Take care of your guests. Not only in regular bedrooms, you should be able to sleep well. Help balance your guests' sleep cycle with natural light.





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### Your Favourite Paint Colour Meets the Light

In a new light, your perfect shade could take on a whole new look.

You've got a paint colour in mind to splash on the walls of your guest room. It's a yummy colour that you could look at all day. So, you grab a sample of the colour and race home to paint it on your walls. You're happy with it until the sun starts to set and the colour takes on a new shade.

Light affects colours, whether that's through changing the shade or even the tint. And colour responds to different light variables: location of the sun, time of day, and type of light. Your favourite paint colour can quickly become your least. So, before investing in lots of paint, here are a few points to remember.

#### **Room Direction**

Which direction does sunlight hit your guest room? From the north, south, east, or west?

North: These rooms see less direct sunlight throughout the day, which means they're consistently cooler than other rooms in your home. So, what paint colour do you choose for this room? We suggest a warmer shade and roof windows! North-facing rooms are the perfect spot for roof windows to go.

East: Known to capture the morning sun, eastfacing rooms give off a tinge of blue undertones. So, when choosing a beautiful colour for these rooms, look for paints that have more colour in them and less grey. Also, paints with a touch of green can help make the room feel softer and more inviting.

West: As the last room to get sunlight, west-facing rooms tend to have more grey undertones and appear shadier. Warm paint colours can counter those muted tones. You can take it a notch higher and use earthy colours, giving your space a more balanced feel when the sun finally makes its way to the room.

South: Whew, south-facing rooms are one of the sunniest places in our homes. Full of energy and daylight! So, to tone down the room, find colours with softer hues, like green, grey, or lighter shades of blue.

#### **Time of Day**

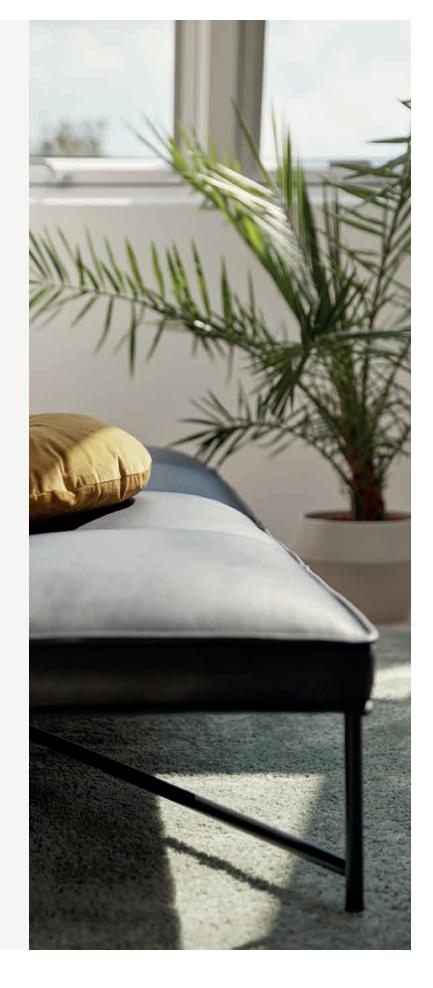
We all know that the sun doesn't stay in one spot during the day. And, as it moves, it dramatically changes the look, feel, and paint colour in your home! So, when choosing a colour, not only do you need to consider the direction of the room, but also how much time you spend in the room.

*Morning:* If you spend most your time in a room in the morning, keep in mind that the light has a softer glow and does well with warmer tones, energising you for the day.

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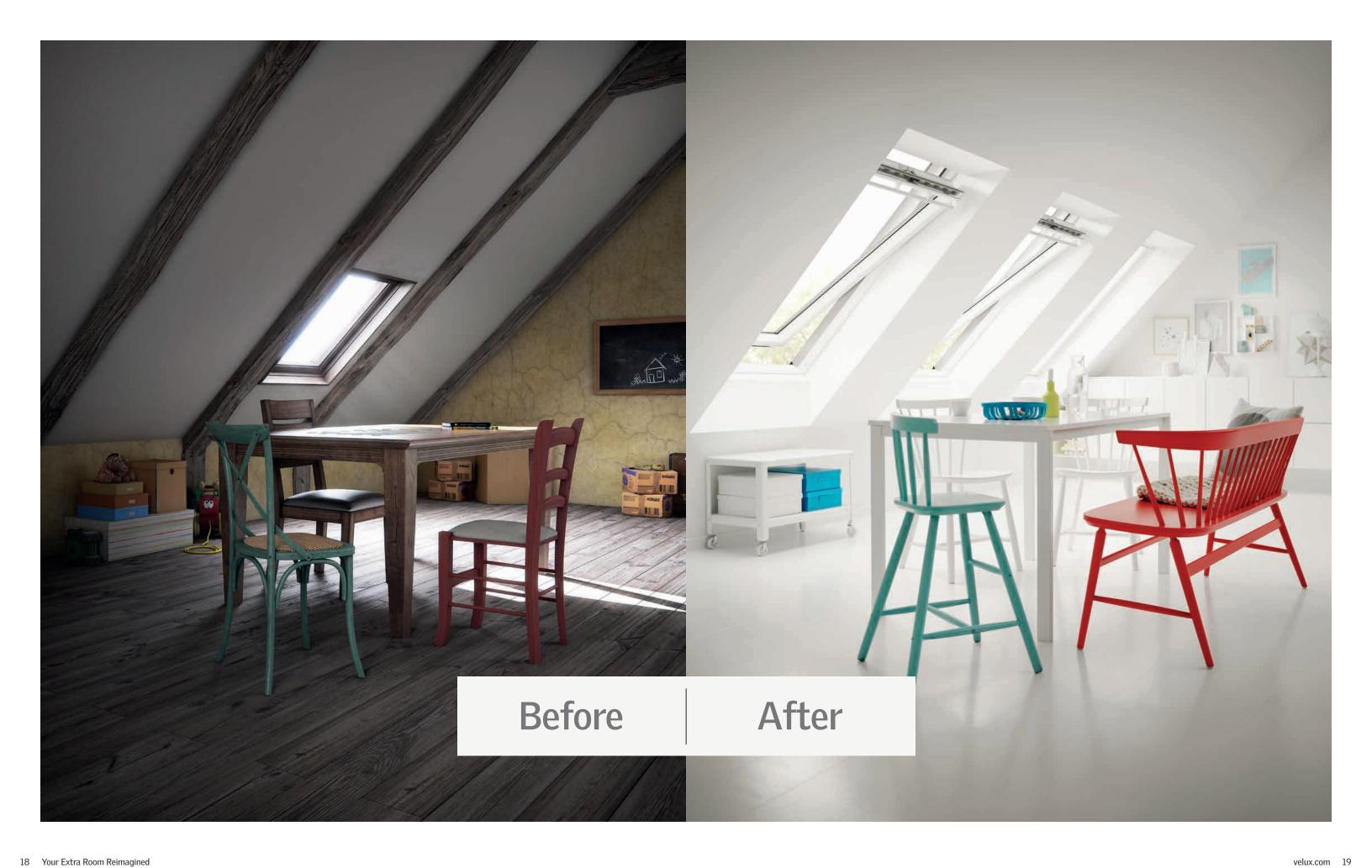
Afternoon: At noon, the sun has made its way to the peak of the sky so it gives off its brightest and whitest light. But, colours tend to be more washed out during this time. Although grey colours still do well, warmer colours are your best bet.

Evening: The sun gives off beautiful, warm colours as it sets. So, you don't overdo it in rooms you spend your evenings in, opt for paint colours with cool tones. Instead of reds, oranges, and pinks, go for blues, greens, or purples that have a touch of grey in them.





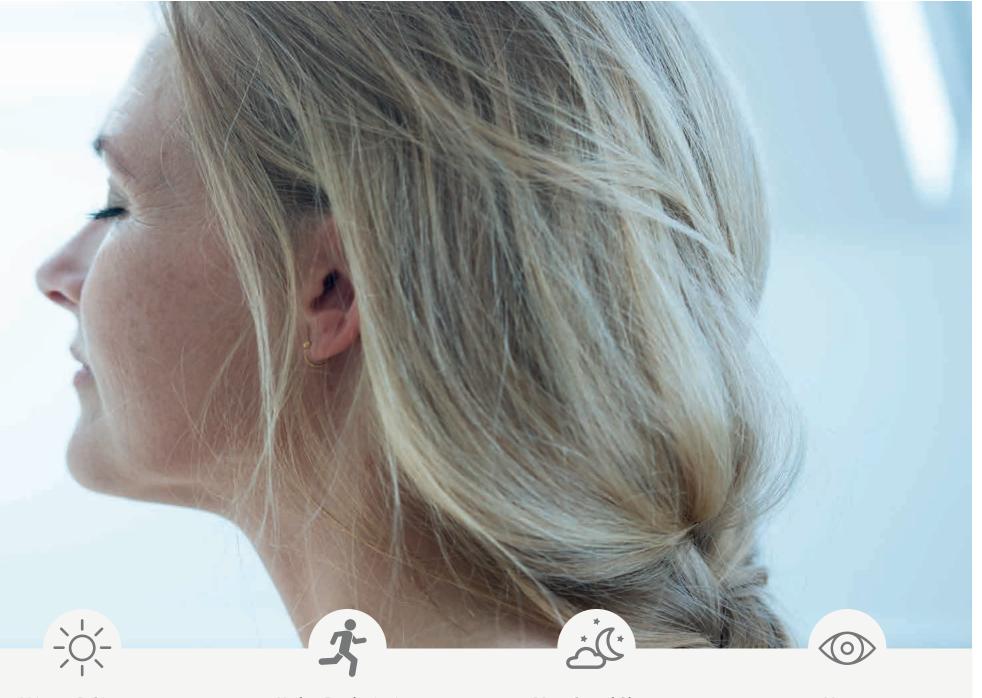
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# Your Life Brightened with Natural Light

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

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



#### 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**

Noting 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.

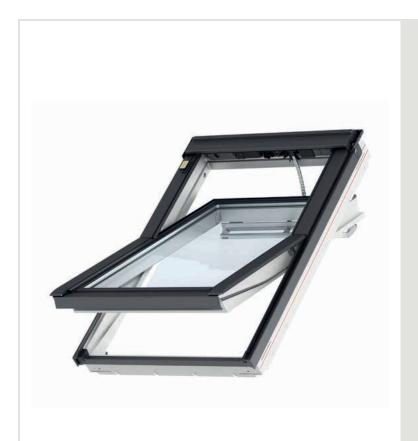
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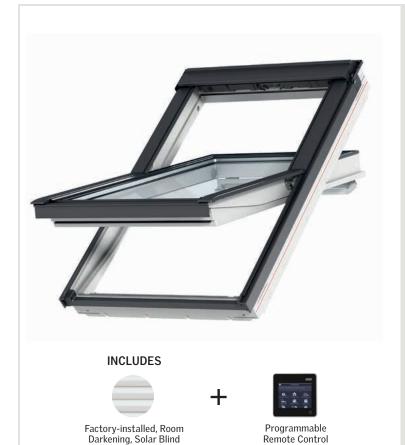
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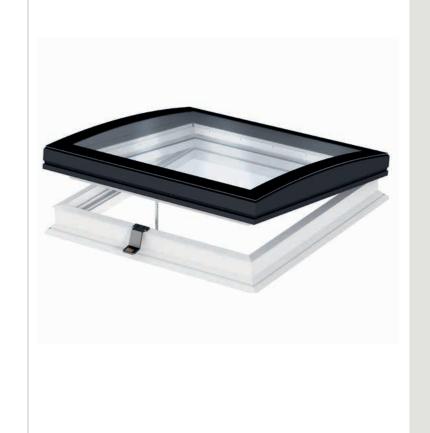
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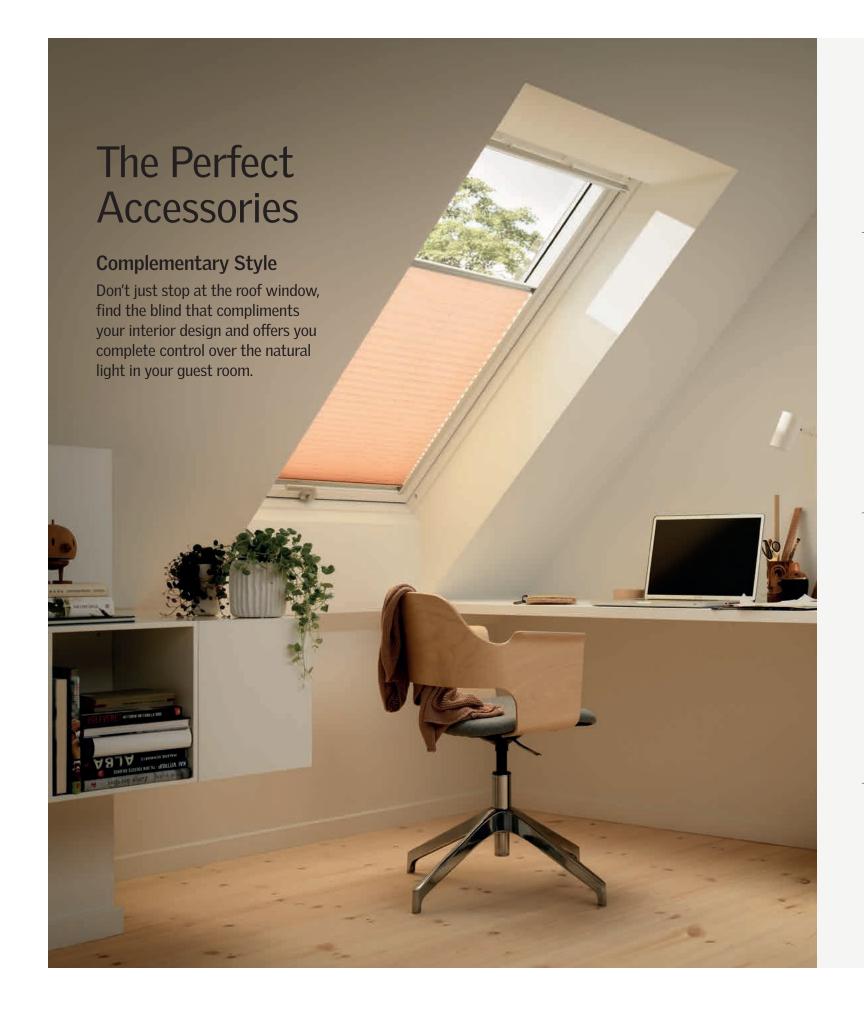
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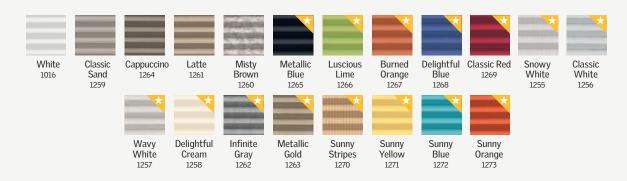
#### **Room Darkening, Double-Pleated Blinds**

Designed with a unique honeycomb structure, this pleated blind blocks even the brightest light. Solar-powered or manual.



#### **Light Filtering, Single-Pleated Blinds**

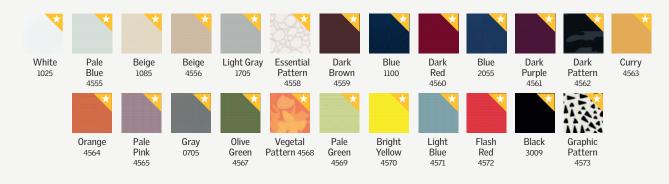
Softly diffuse the natural light from your roof window with this single-pleated blind. Solar-powered or manual.



#### **Blackout Blind**

Ideal for movie rooms and bedrooms, blackout blinds are made with a light-proof material designed to block all incoming light.

Solar-powered or manual.



#### **Venetian Blinds**

For style and comfort, the venetian blind is your best option for light control. Manual (Blind Slates Measure 1.375")

