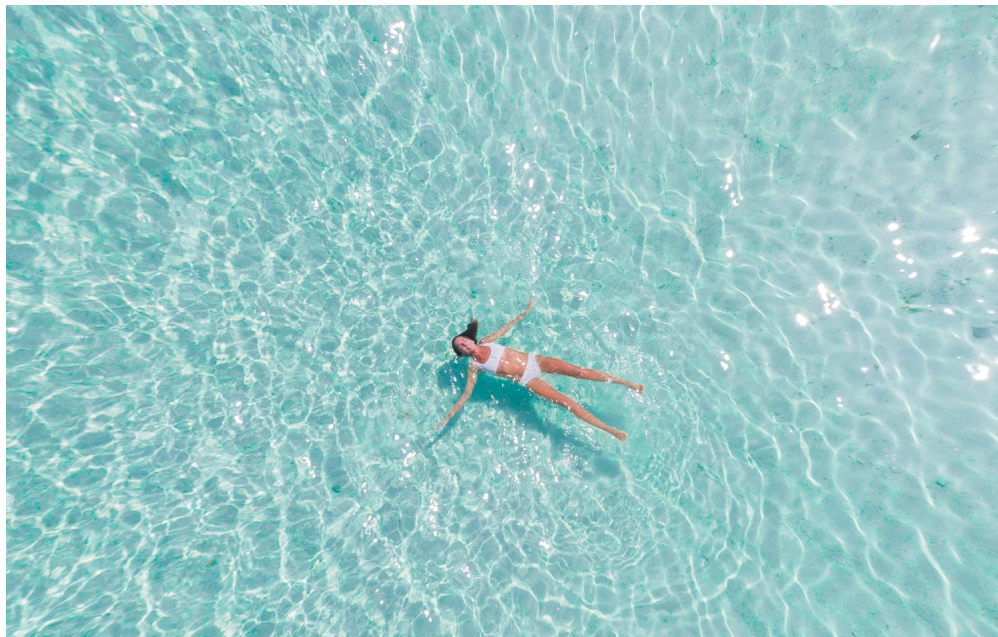


Prepare for a Hot Summer with These Top Tricks

Written by AZFoothills.com

Thursday, 01 July 2021 16:39 -



What time is it? Summertime!

The warm weather of summer is, in the opinion of a great number of people, the very finest time of the year to spend time outside, whether they want to spend their time at the beach, at a ball game, in a park, or participating in any other sort of activity that takes place outside.

Alternatively, there are times when basking in the blazing heat of the summer sun is not exactly a pleasurable experience, and cranking up the air conditioning in your own home seems to be the only viable alternative.

Summertime is just around the corner. Therefore, you should be starting to think of ways to prepare for the hottest time of the year. Here are some tips and tricks for preparing for a hot summer, from clothing to home hacks.

Wear Light Clothing

When dressing for the summer heat, the best clothing options are light in color, breathable, and have a loose fit.

Put on light and loose clothing constructed from materials that allow air to circulate. Cotton fabrics are extremely breathable, which helps to keep your body at a comfortable temperature. In addition, linen can absorb sweat and then swiftly dry, making it an additional fantastic alternative.

When the heat index rises, additional advice is to select cotton or linen fabric in light colors to wear. If you choose to wear dark clothing, it will absorb the heat from the sun, only making you feel hotter.

Keep Your Air Conditioning Unit Maintained

Notably, regularly maintained air conditioners have a [40% longer lifespan](#) than irregularly held air conditioners.

Air conditioning maintenance is often overlooked until a problem arises, such as when a cooling unit stops working. Most air-conditioning systems require frequent maintenance to operate at their peak performance level. Failing to maintain your cooling system might lead to a breakdown that requires expensive maintenance — something you would not want, especially in the summer.

Simple maintenance and upkeep are necessary if you want your air conditioner to last the entire summer without breaking down.

Keep Your Shades Drawn

You will save money on cooling expenditures if you keep the heat out of your house in the first place. You can use external coverings such as blinds, awnings, or huge potted plants to provide shade for windows and walls.

Your home will be substantially cooler if your blinds are closed on north and west-facing windows. Moreover, it is good to invest in window tinting and more insulation in your ceiling to keep your home warm in the winter.

Turn Off the Lights

All light bulbs are not made equal. Specifically, you may blame incandescent light bulbs if your house is not cooling properly. Changing to

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energy-saving bulbs can save you both money and other resources.

Aside from that, turning off the lights when you are not in the room is one of the easiest ways to save energy. Consequently, turning off your lights when not in use can further lessen the heat in your home. So when you leave a room or stay in your [home theater](#) for a summer-themed movie night, try turning off the lights for the coolness and vibes.

Installing Insulation

In the warmer months, a remarkable amount of air is lost from homes as it escapes through the ceiling, the walls, and the flooring. When the cool air leaves, it is replaced by much air that is significantly more humid from the outside. It should come as no surprise that it is quite challenging to stay on top of this issue using fans and air conditioning solutions.

Having insulation that was put in by a professional, on the other hand, makes a world of difference in the summertime: Your house maintains a comfortable temperature all the time.

Inspect your home's attic and the levels that separate your home's conditioned areas from its unconditioned ones. It is possible to add more insulation on top of what is already there. Still, it is best to leave insulation installation and removal to a local professional company from Arizona that specializes in [Phoenix insulation installation](#). ?

Keep Yourself Hydrated

When temperatures rise, it is crucial to drink enough water, whether playing sports, traveling, or simply relaxing under the sun.

Daily water consumption is essential for good health. Consuming water can prevent dehydration, leading to cognitive dysfunction, mood swings, overeating, constipation, and kidney stones.

In addition to quenching thirst, appropriate hydration allows the body to flush toxins, maintain system homeostasis, support brain function, hormone balance, and metabolic activities, transfer life-giving vitamins and minerals, and maintain the integrity of muscles, joints, and bones.

Use Fans to Keep Air Flowing

Fans are an integral part of any ventilation system in the home. When used appropriately, fans may maintain airflow in the correct direction to expel stale air and introduce fresh air into a living environment. Fans also make us feel cooler due to the airflow and can remove humidity from your home, which would otherwise promote the formation of mold and allergens.

Counter-clockwise rotation helps keep the space cool in the summer, while clockwise rotation helps pull cool air down during the winter. Increase the fan's rotational speed when the temperature outdoors is high. Moreover, checking that your ceiling fans rotate in the right direction can make a huge difference in your home's cool. You can also utilize them with other cooling systems as an added benefit.

Conclusion

As a reward for your hard work this year, you deserve a little time to yourself. This summer, there are various activities to choose from, whether you choose to relax or keep yourself productive.

May these tips be your guide to having the summertime of your life!