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# THE BENEFITS OF NATURAL LIGHT

IT'S ON THE HOUSE  
WITH DAKEA

AUGUST 2024



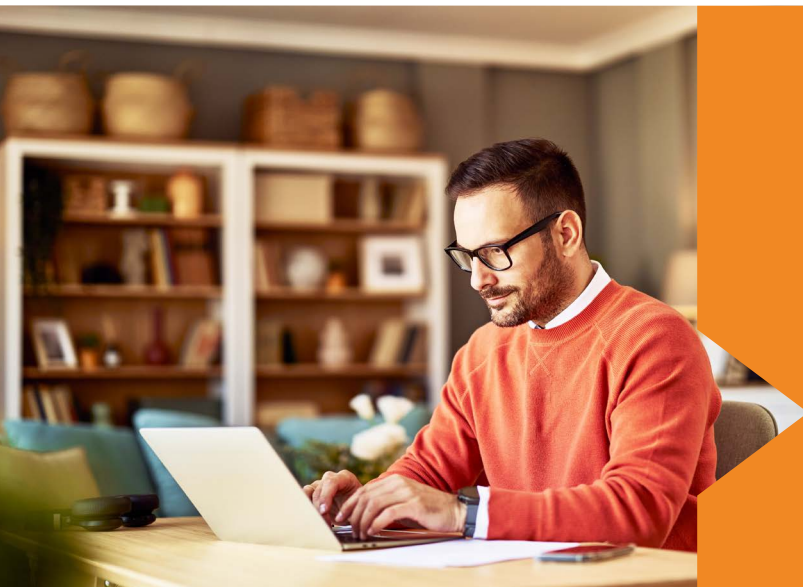
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# THE BENEFITS OF NATURAL LIGHT

In the UK, we spend up to a shocking 90% of our time indoors, so it's vital the buildings we live and/or work in nurture us.

With so many of us now working from home, even if only for a couple of days a week, light-filled, attractive rooms are more important to our wellbeing and productivity than ever before. And far-sighted developers are building this focus into the properties they construct and renovate.



While homes and places of work are designed to keep us safe, warm and protected, they can also deprive us of the fresh air and natural light our physiology craves.

These buildings should be designed to guarantee plenty of good daylight (instead of artificial lighting) as well as adequate ventilation. Those that do will prove more attractive to prospective tenants who became aware during Covid of the importance of a nurturing environment.

Research shows we all benefit from spending time in spaces with natural light. Daylight has a positive effect on our health, our production levels and even our happiness. A good supply of oxygen through fresh air improves our concentration, boosts our energy levels, and helps us think more clearly – all vital when working from home.

And a view through a window elevates our living spaces. Even if the scene outside is urban, it still allows us to connect with the world outside and be aware of the changing weather and light, as well as giving us a mental break from being indoors.



Allowing natural light into a property through the roof was achieved for hundreds of years through the use of dormer windows which project vertically and horizontally beyond the pitched roof. However, the more recent introduction of roof windows, which follow the line of the pitch, is not only more cost-effective but also more efficient, giving up to two times more daylight than dormer or vertical windows.

This is because daylight is more powerful when it comes from above, and spending time in a room with a roof window will quickly prove how much of a difference it makes. Removing a dormer window and introducing two roof windows of the same total size with a 100mm gap will increase the average daylight factor by more than four times, from 1.2% to 5.4%.



Roof windows give other benefits too since they maximise the amount of livable space, lower energy costs, and give a cleaner and more contemporary look, with the potential to add value to the property, especially when the loft space is being converted into a new room.

There is much that developers and occupants can do to optimise natural light in a space. Keeping the interior walls a light colour, rather than dark which absorbs light, will immediately brighten the space, and keeping trees and other foliage outside windows clipped back will allow maximum light to shine in.



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## KEY TAKE OUTS

- ▶ Roof windows give up to two times more daylight than dormer or vertical windows.
- ▶ Dakea's online window configurator helps users choose the right size and number of apertures to result in a well-lit room.
- ▶ There is a golden rule of daylight lighting!
- ▶ One big window isn't necessarily better than a group of smaller windows.
- ▶ With 25% of heat lost through a roof, it's imperative that roof windows must be highly thermally efficient to reduce excess heat loss.

## INTERESTED IN TRYING DAKEA PRODUCTS?

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