How to Keep Your Windows Cool During Summer in the UK

Summer in the UK, while often mild compared to other parts of the world, can still bring uncomfortable heat waves. Keeping your home cool, particularly around the windows, is essential for maintaining a comfortable living environment. Here are some effective strategies to help keep your windows cool during the summer.

1. Install Reflective Window Film

[Double glazed windows prices in the UK](#) can be expensive. Reflective window films are a cost-effective way to reduce heat entering your home. These films reflect a significant portion of the sun's rays, preventing them from heating up your interior spaces. They are relatively easy to install and can be a cost-effective solution for maintaining a cooler home.

2. Use Blinds and Shades

Investing in quality blinds or shades can make a significant difference. Consider options such as:

- **Venetian Blinds**: These can be adjusted to reflect sunlight away from your windows.

- **Blackout Shades**: These are particularly effective at blocking out sunlight completely, thus reducing heat gain.

- **Honeycomb Shades**: These provide an insulating layer that helps keep the heat out.

3. Hang Thermal Curtains

Thermal curtains are designed to block out heat and light. They have an insulated lining that helps maintain a cooler

temperature indoors. During the hottest parts of the day, keep these curtains closed to minimise heat entering your home.

4. Apply Heat-Reflective Paint

For those who want a more permanent solution, heat-reflective paint can be applied to the exterior of window frames. This paint reflects sunlight, reducing the amount of heat absorbed by the frames and subsequently the windows.

5. Plant Shade-Giving Vegetation

Strategically planting trees, shrubs, or climbing plants outside your windows can provide natural shade. Deciduous trees are ideal as they provide shade in the summer and allow sunlight through in the winter when their leaves fall off.

6. Install Awnings or External Shades

Awnings or external shades can block direct sunlight before it even reaches your windows. These can be retractable or fixed, depending on your preference and the design of your home. They are particularly useful for south-facing windows, which get the most sun exposure.

7. Opt for Double-Glazed Windows

Double-glazing not only helps with insulation during winter but also keeps your home cooler in the summer. The gap between the two panes of glass acts as an insulator, reducing heat transfer into your home.

8. Use Window Insulation Film

Window insulation film can be applied to the interior of windows to improve their insulating properties. This is a temporary solution that can be easily removed when not needed.

9. Keep Windows Closed During Peak Heat

While it might seem counterintuitive, keeping windows closed during the hottest part of the day can prevent hot air from entering your home. Open them early in the morning or late in the evening when the outside temperature is cooler.

10. Install Window Fans

Window fans can help draw in cool air during the evening or early morning and expel hot air during the day. They are a cost-effective way to improve ventilation and reduce indoor temperatures.

11. Create Cross-Ventilation

By opening windows on opposite sides of your home, you can create a cross-breeze that helps to cool down your living spaces. This natural form of ventilation is particularly effective when there is a light breeze outside.

12. Apply UV-Blocking Films

UV-blocking films can reduce the amount of ultraviolet (UV) light entering your home, which not only helps keep it cooler but also protects your furniture and floors from fading.

13. Use Light-Colored Window Treatments

Light-colored curtains, blinds, or shades can reflect more sunlight than darker colors, thus reducing heat absorption. Opt for whites, pastels, or other light hues to help keep your rooms cooler.

14. Consider Window Shutters

Both internal and external shutters can provide excellent protection against the summer heat. They can be closed during the hottest parts of the day to block out sunlight and opened in the evening to allow cool air to circulate.

15. Invest in Smart Glass Technology

Smart glass, or switchable glass, can change its properties to block out heat on demand. This high-tech solution allows you to control the amount of heat and light entering your home with the touch of a button.

16. Apply Solar Screens

Solar screens can be installed on the exterior of windows to block a significant portion of the sun's rays before they reach the glass. These screens are particularly effective for windows that receive direct sunlight.

17. Use Ceiling Fans Strategically

Ceiling fans can help circulate air throughout your home, creating a wind-chill effect that makes the indoor temperature feel cooler. Use them in conjunction with open windows to maximise their cooling effect.

18. Opt for Cool Roofing Materials

While this tip is more about your overall home, choosing cool roofing materials that reflect more sunlight can help reduce the heat absorbed by your home, indirectly keeping your windows and interior cooler.

19. Install Window Tinting

Window tinting can be an effective way to reduce heat gain. It's a semi-permanent solution that can be professionally applied to enhance comfort and energy efficiency.

20. Use Portable AC Units

If all else fails, portable air conditioning units can be placed near windows to provide direct cooling. Ensure proper venting to maintain efficiency and effectiveness.

By implementing these strategies, you can enjoy a cooler and more comfortable home during the summer months in the UK.