

How to keep your house cool, without Air Conditioning.

Buildings are constructed with insulation and vapor barriers in walls and ceilings, windows are double paned with air trapped between them, doors contain insulation and weather stripping. These features create a **barrier** between inside and outside the building. With diligent management you can keep the heat out and cool inside your home during the day by attempting to seal it up. Here are the basics to manage at typical summer week with 30c degree daytime temperature and 15c degree night time temperature week.

- 1- Keep out the daytime heating: By 8 am, **close ALL** windows, doors, blinds, this keeps heat out and cool in. **DO NOT** open windows to get a breeze as you are just letting the hot air in the house.
- 2- Welcome the night time cooling: After 8 pm **open windows** and doors to allow cool air in and hot air out. You may assist the air circulation by turning on your furnace fan that also sucks air in from outside the building. Be sure to close up the house in the morning before the day time heating.
- 3- You may want to monitor the effectiveness by placing a thermometer outside and one inside and compare them. Most house thermostats have a thermometer on them.