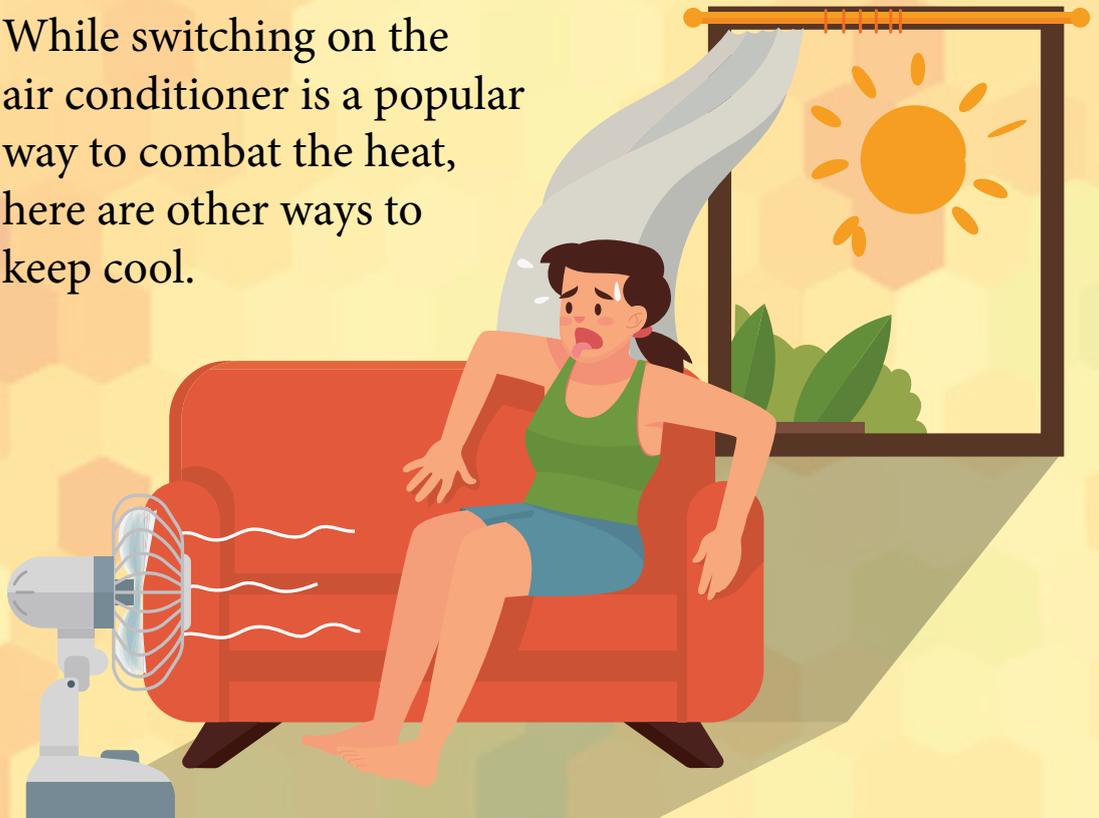


# BEAT THE Heat!

**AFTER THE COOL RESPITE OF THE NORTHEAST MONSOON SEASON FROM DECEMBER TO EARLY MARCH, INCOMING ARE THE HOTTEST MONTHS OF THE YEAR – MAY AND JUNE. FIND OUT HOW TO KEEP COOL AND COMFORTABLE WITH THESE TIPS.**

Did you know that May and June are the hottest months in Singapore, with temperatures often hitting 32°C and above in the afternoons?

While switching on the air conditioner is a popular way to combat the heat, here are other ways to keep cool.



1



2



## Full use of the fan

Many households in Singapore have at least one electric fan. These fans use less energy than air conditioning, and so are considered relatively better for the environment — and your utilities bill! A table or standing fan can move heat away from your body, while a ceiling fan provides ventilation and can help cool a space. Setting a ceiling fan to rotate in an anti-clockwise direction blows air downwards, which creates a comfortable breeze.

## 2 Cross ventilation

A natural method of cooling, cross ventilation relies on the natural movement of air or wind. To achieve cross ventilation and good airflow in a room, ensure that the windows or doors facing each other are open so that warm interior air can be forced out by cooler exterior air.

### 3 Lighting matters

Are you still using incandescent light bulbs? If so, it's time to switch to light-emitting diode (LED) bulbs. The former works by heating the filament until it glows, which produces heat as a waste product. LED lights produce much less heat, and as a bonus, are more energy-efficient, which helps downsize your electricity bills.

3



4



### 4 Foliage's your friend

Because of the longer hours spent at home due to the COVID-19 pandemic, houseplants are enjoying a massive boom in popularity. Indoor greenery not only adds aesthetic appeal to your home environment, but also can help bring down the temperature in a space and purify the air.

## 5 Solar power

Is your home receiving the brunt of the afternoon sun? You can consider investing in solar films for your windows.

Solar films help filter out harmful ultraviolet rays, decrease heat transmission from the sun's rays, and reduce glare that can cause eye strain. If you do not have solar films, curtains and blinds, when drawn, can keep out heat-inducing sunlight, especially on sunny days.



## 6 Dehumidify your home

Heat and humidity can be a distressing combination. A dehumidifier removes excess moisture from the air to prevent problems such as mildew or mould. Simple lifestyle changes like showering with cooler water, which leads to less steam, can help mitigate excessive humidity at home, too.

7



## 7 Dry run

Similar to a dehumidifier, the 'dry mode' available on most air conditioning systems serves to suck out moisture and release dry air. By creating a drier atmosphere, the air feels more comfortable even though the temperature may not actually have decreased. The dry mode

is also economical, as it costs less to operate when used correctly.

8



## 8 DIY a 'cool box'

For quick relief, try this! Place some ice in a shallow bowl, then stand the bowl between you and a

table fan. Angle the fan towards the bowl and yourself, switch it on, and enjoy the blast of cool air!



## 9 Change your sheets

Cotton bedsheets may be the trick to getting a good night's sleep in warmer months, as the fabric is soft, lightweight and breathable, allowing heat to escape and helping you to stay cool. Avoid materials such as silk or satin, which can stick to sweaty skin.

*This article was adapted from content first published on MyNiceHome, an HDB website related to home buying and renovation. ([www.mynicehome.gov.sg](http://www.mynicehome.gov.sg))*