

## **Beat the Heat - 'Window Treatment' by Lavanya Swaminathan**

There are many different ways to conserve energy without sacrificing too much comfort and convenience. Window treatment is one of the ways to control the room temperature.

**Control the sun:** Sun's heat can be blocked out by keeping curtains and drapes drawn during the day in warm months. White blinds and draperies will also do a better job of reflecting the sun light from your windows. Adequate weather stripping should be used on your windows and doors to make sure there are no leaks. Make sure windows are closed when running your air conditioner.

**Various Window Treatments:** Installing energy efficient low-emissive windows will prevent heat from entering your home. Insulated window coverings make a barrier between the interior of a house and its windows. Planting a tree to shade a hot window is another option. Choosing a deciduous tree is wise if you want the sun to warm the window in wintertime. Since wood has excellent heat-blocking properties, installing wood shutters or two inch wide wooden venetian blinds and closing them when the sun beams directly in is another prominent treatment. Mounting a roller shade behind your curtains or drapes and pulling it down during the heat of the day will also beat the heat in an efficient way. Installing a custom-made foil-core roller shade that's energy-efficient enough to be a stand-alone heat barrier is an effective treatment. Apply thermal window film to reduce heat entry. Some people prefer outdoor window coverings or external window shutters, which is also a good choice.