

Health Benefits of Natural Light From Large Windows

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There are more reasons to install larger windows and glass doors in your home in addition to enjoying the beauty of natural light flooding into your home's living spaces. Exposure to natural light has also been shown to offer an array of positive effects on physical and mental health! So, if your rooms are dark and do not have enough natural light coming in from your windows and doors, consider the ways adding one or more large window designs could improve your quality of life in your home.

Brightening up your living room, kitchen, dining room, family room, home office, playroom, and other living spaces with large windows offers an uplifting sense of energy in living spaces. It also offers amazing health benefits! Here are some ways that having a large window benefits your mental and physical health by allowing more natural light into your home:

Natural Light Exposure Delivers Healing Benefits.

Patient records on recovery after gallbladder surgery at a hospital for a 10-year period revealed that assignment to rooms with window views of natural settings may promote faster healing. 23 patients with such window views showed shorter stays in the hospital after surgery. They also generated fewer negative comments in nurses' evaluation notes, and they took fewer strong analgesics than 23 other patients after the same surgery who stayed post-op in similar rooms, but with windows looking into the side of a brick building.

Personal Productivity Increases with Natural Light Exposure.

Office buildings have long featured large windows because people tend to perform better and morale tends to be higher in workplaces with abundant natural light livening up the areas. Research indicates that workers who are exposed to more natural light are found to experience greater clarity and adeptness at problem-solving. So, if you have insufficient light in your house currently, you can promote greater productivity in your home office too.

Improved Sleep

Natural light exposure through the daytime hours, especially in the morning hours, has been determined to promote an appropriate circadian rhythm. With greater amounts of natural light exposure, your body more efficiently generates melatonin and a sense of need for rest in the evening. So, instead of shielding the interior of your home from natural light throughout the daytime as much as possible, let your home's amount of interior light increase and decrease along with the available sunlight as it changes through the day.

Depression with More Natural Light

Exposure to natural sunlight stimulates the body's production of vitamin D and the release of serotonin. These are significant natural positive mood influencers. Today's latest window designs for house installation feature maximum energy efficiency and protection from damaging UV light penetrating the window glass and entering your home. So, adding one or more large *energy-efficient windows* can let abundant sunlight flow into your home while blocking harmful UV rays.

Large Windows are Value Added

Having plenty of beautiful natural light in your home adds an incomparably fresh and inviting aesthetic. But, beyond that, it offers the important benefits of more healthful living space for you and your family. Many residential builders have not prioritized allowing much natural light, but you can make an upgrade or two and transform your home.

Energy Shield Windows Create Healthier Living Spaces

For over 26 years, Energy Shield Window & Door Company has been building Arizona's best quality energy-efficient replacement windows and doors. Our custom picture windows, bay windows, French Doors, and other window and glass doors are designed for maximum natural light and engineered for high performance and long-term durability in the harsh desert climate conditions of the US southwest.

Please stop by and visit us at our downtown showroom, or call us anytime at Energy Shield Window & Door Company at (623) 349-7120 to schedule a free in-home estimate.
