

Insider Cool Room Tricks

Lock in the chill with this daily passive cooling schedule.

Arrange your fans, windows, and shades to actively drop your room temperature. Follow this precise timeline to maintain a comfortable sleep sanctuary without touching the thermostat.

● Cooling Targets

24 hours

Passive cooling schedule duration

2 in

Top sash opening for thermal escape

~2 ft

Distance to pull fan from screen

100%

Cotton percale without synthetic fillers

Cold

Water temperature to wash crisp sheets

Check Your Sheet Tags

Avoid microfiber blends that trap body heat and moisture. Always verify linens are pure cotton percale with a tight, simple over-under weave for maximum breathability.



● Daily Passive Cooling Schedule

- 1 9 AM: Block Heat** Close all windows and white-backed shades to stop climbing solar radiation.
- 2 6 PM: Open Up** Open the shaded windows on the cool, eastern side of the house.
- 3 8 PM: Exhaust Air** Start your outward-facing exhaust fan to initiate the cross-ventilation breeze.
- 4 Bedtime: Mist Linens** Mist your sheer linen curtains to harness evaporative cooling before getting into bed.

● Nighttime Window Actions

Find your row: **Your window type**

Your window type	Your pick	Why
Double-hung	Open both fully	Maximizes cool evening air intake
Casement	Crank open	Catches the incoming evening breeze
Slider	Open shaded side only	Pulls cooler air into space

● Cooling Setup Checks

- Verify the reflective side of white-backed liners faces the street.
- Mount shades outside the frame to prevent edge gap thermal leaks.
- Ensure a shaded north-facing window is open for cross-ventilation.
- Swap bedside lamps to low-wattage LED bulbs to reduce heat.

● Room Notes

[illegible]

Enjoy a perfectly chilled, breezy sanctuary for your most restful night of sleep!