



Enhance your home and life with natural light

A well-illuminated home is always more inviting than a dark, poorly lit one. But not all light is created equal and the benefits of natural light which include improved moods and health.

Australians love the outdoors and if we had our way we'd be spending much more of our time outside. Unfortunately the reality is that most people spend up to 90 per cent of their time inside and this means less exposure to natural light – a situation that can have a negative effect on your health.

Spending time inside also tends to increase exposure to artificial light sources, such as computer screens and televisions. More natural light can help to counteract this.

But what can we do to bring more natural light into the home?

An affordable, simple and quick solution is to install a Solatube Daylighting System. This system allows

natural light into your house without transferring the heat, thus allowing you to increase your exposure without needing to spend more time outdoors.

Natural is best

The light emitted from artificial sources can have a number of detrimental effects on health – particularly for those that spend a lot of time in front of computer screens.

Natural light, however, can improve your health and well-being by releasing serotonin that boosts energy levels and your overall mood. But it's not always practical to spend time outside, which is where the Solatube Daylighting System comes in.

"Exposure to adequate amounts of natural light has been proven to

encourage people to exercise more and to help them maintain regular circadian rhythms, which influence daily sleep and waking patterns," says Solatube's Brett Dickson.

Exposure to natural light can even reduce incidences of near-sightedness in children and young adults.

By effectively capturing and bringing daylight into your interiors from the early morning until late afternoon, Solatube's solutions can improve your health while reducing your need to rely on other traditional sources of lighting.

Increase your home's buyer appeal and market value

How often have you seen a property promoted with the words: "light-filled interiors"? Real estate agent John

