

A modern bedroom with a large skylight, a window, and a bed. The room is bright and airy, with natural light streaming in from the skylight and window. The bed is neatly made with a grey blanket and blue pillows. A potted plant sits on a small table next to the bed. The walls are white, and the floor is light wood. The overall atmosphere is clean, minimalist, and inviting.

VELUX®

The No Leak Skylight™

Inspiring Home Series:

Your Bedroom Reimagined

Bringing light to life™

Designing Your Dream Bedroom

Surprisingly, it's not the dark that helps us get a restful night's sleep.

The bedroom is our place of solace after a long day. A room where we go to recharge our bodies and minds. We tend to keep our bedrooms as a more secluded area of our home, often shutting it off from the outside world as we seek sleep. What you may not know, though, is that it isn't the dark that helps us get a restful night's sleep; it's the light.

The sun helps to regulate our circadian rhythm, letting our bodies know when it's time to wake up in the morning and drift off to sleep at night. When you open your bedroom up to the sky, you welcome brilliant, natural light down into your home, giving your body the gift of a balanced sleep cycle. And, since skylights are positioned on your roof, you'll never have to worry about lack of privacy either.

It's time to open your ceiling to the starry night sky and the beautiful colors of the morning sunrise. So, if you're ready, look up and say "hello" to your fifth wall.





Nothing affects sleep as much as what you're sleeping on.

How to Get a More Restful Night of Sleep

For when you just need to tune out, turn in, and sleep.

After a long day, all you want is for your bed to welcome you with open arms, your covers to warm you, and your pillow to let you relax.

Then, there's nothing like waking up the next morning well-rested and ready to take on the day's responsibilities. Besides, when you're well-rested, you're less irritable, you smile more, and you're prepared for anything life throws your way.

So, raise of hands, who's ready for a better night's sleep? Great! We have a few suggestions on how you can get the sleep you want and need.

Choose a good mattress: Nothing affects sleep as much as what you're sleeping on. Finding the right mattress for you is all about knowing how you sleep and what level of comfort you prefer.

When looking for a mattress, try them out. You'd be surprised, you might have thought you wanted a soft, plushy mattress only to find a firmer bed helps you sleep better.

Continued on pg 7



How to Get a More Restful Night of Sleep

Continued from pg 5

Set a lower temperature: Dropping the room temperature down a few degrees lowers your heart rate just enough to make you feel sleepy and ready for bed.

Also, keep in mind while you're buying bedding to find sheets that breathe like durable linen sheets.

Find the pillow meant for you: Right up there with picking out a good mattress, a pillow is another important part to help you get a restful night's sleep. Did you know that choosing a pillow is really all about how you sleep?

If you're a stomach-sleeper, a lightweight will do. And, for all those side and back sleepers, get a heavy-weighted pillow for support.

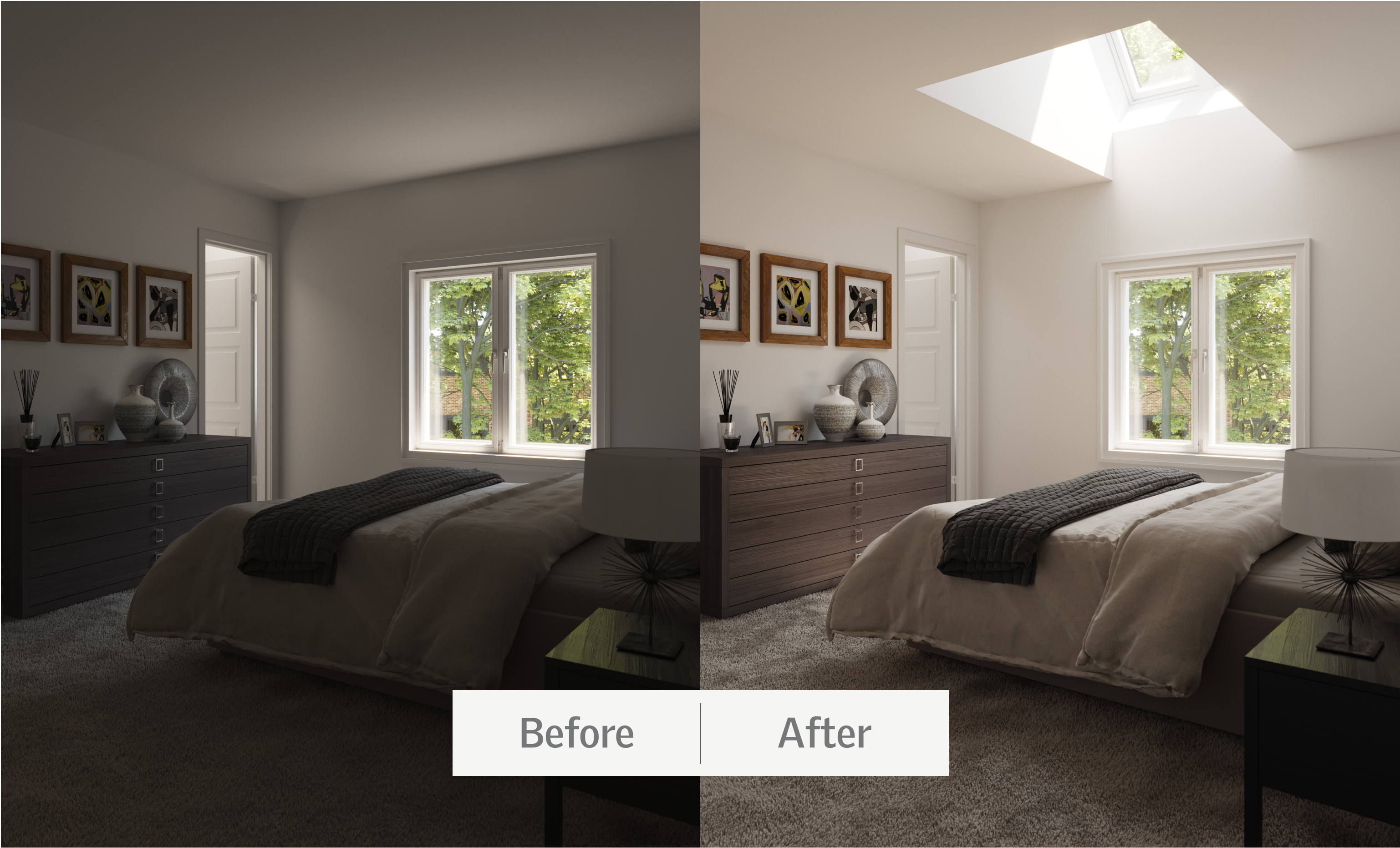
Pick a calming paint color: Take a quick look at a color chart. What colors seem the most calming to you? For some, it could be deeper, darker shades. Others, might find lighter tones more relaxing.

Painting and decorating your bedroom in calming colors will help you get a more restful night's sleep.

Let in the light: Believe it or not, letting natural light into your bedroom during the day can help you sleep better at night. Or just being in bright sunlight in general can help you sleep better—the sun helps your body to rebalance your circadian rhythm and produce melatonin (the sleep hormone).

And the easiest way to let sunshine follow you is with skylights!





Before | After

3

REASONS To Love Skylights In Your Bedroom

1

Privacy

Here's the thing about traditional windows: they can take up much-needed room and offer you less privacy. Since skylights are positioned on your roof with the window pane facing upwards, you can bask in all the natural light without having to worry about any privacy issues.

2

Ventilation

Sometimes, life calls for a nap in the middle of the day. So, when you want to block out sunlight, snap a VELUX blind to your skylight for the ultimate light control. And with a wide selection of blinds designs and colors to choose from, you're sure to find one that fits your style.

3

Better Lighting

Natural light is full of enriching vitamins and health benefits, which help restore your body's melatonin production, balance your circadian rhythm, and improve overall health and well-being. Natural light has everything you need to get a more restful night's sleep and have a more energizing day.





Before



After

Environmentally Friendly Bedroom Designs

Nothing says peace and relaxation quite like environmentally friendly designs.

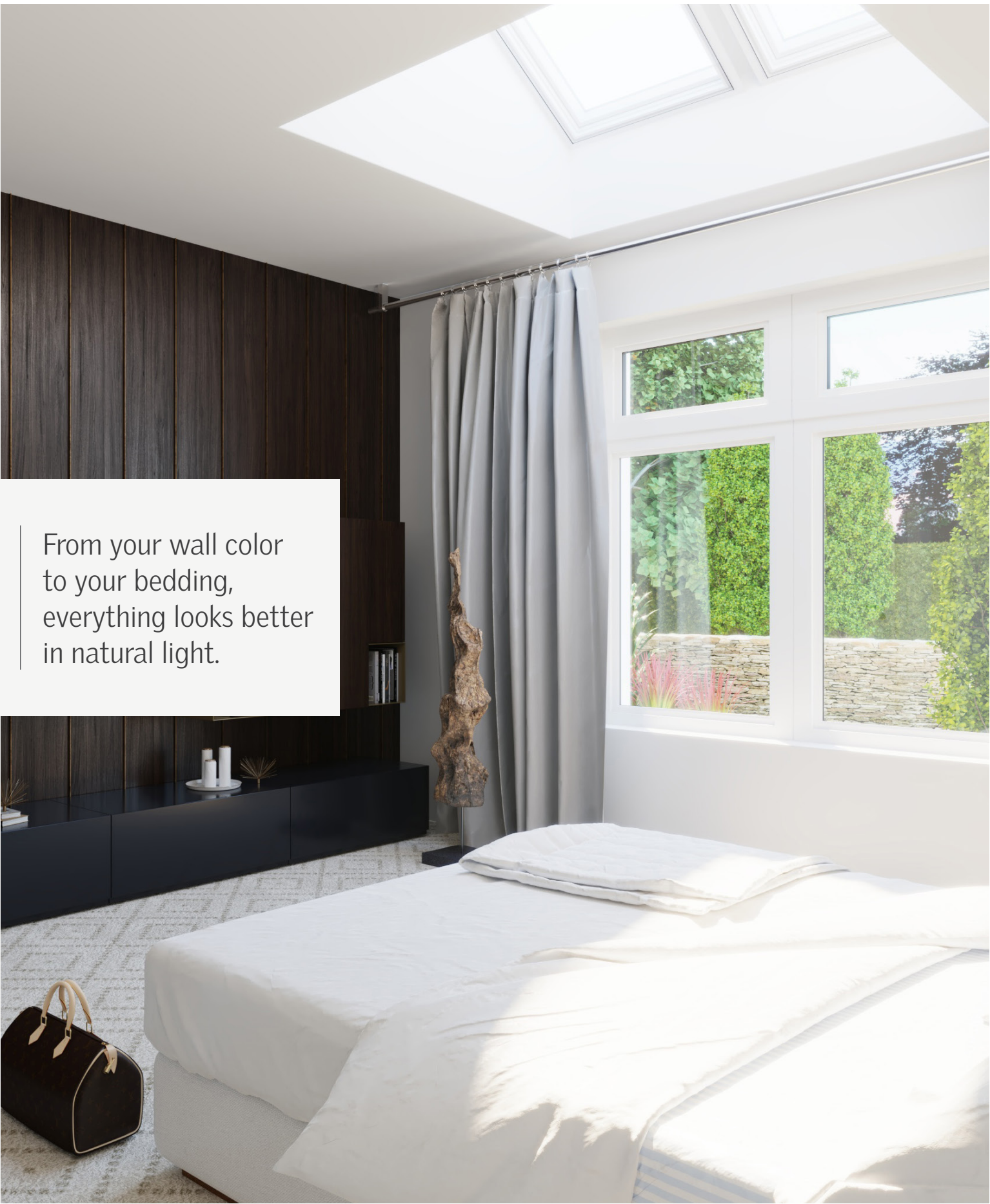
Why not transform your master suite into a master retreat with an eco-friendly twist? There are several different options to choose from to give you that dream-like bedroom design you've wanted while saving the environment. A win-win if you ask us!

Repurposed and Reclaimed Wood: Save a few trees from being cut down and milled when you switch your furniture to reclaimed wood. Nothing more than reused lumber, with reclaimed wood you could turn old flooring into nightstands or a headboard, giving your bedroom a rustic feel.

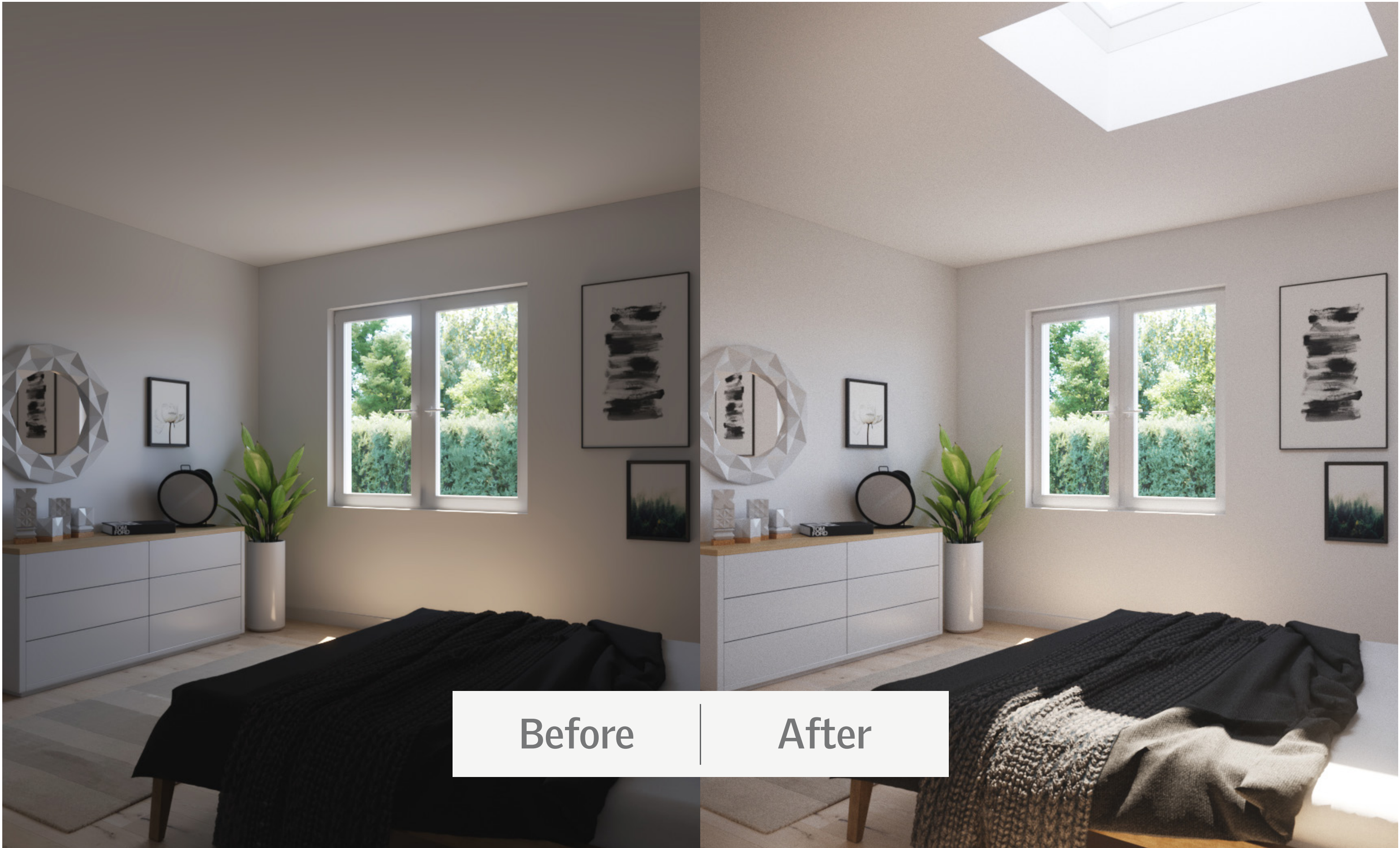
Organic bedding: Yes, believe it or not, there is such a thing as organic bedding. This type of bedding includes sheets and pillowcases made from fibers that have never come in contact with synthetic pesticides. You may not realize it, but many bedsheets we purchase can be treated with chemicals to make them feel softer. Organic bedding helps to avoid these chemicals while helping the environment. And, good news! Organic bedding made from organic cotton or bamboo is just as soft!

Natural light: We're not sure what could be more environmentally friendly than natural light shining brightly in your bedroom. Adding more windows and skylights to your bedroom helps you depend less on artificial light and electricity and makes your home a greener space.

Fresh Air: Feel like your air condition is constantly running and hiking up your electricity bill? Well, what if you could keep your air condition off but have constant fresh air circulate throughout your home? You'd probably take whatever offers that! The good news is that VELUX "Fresh Air" Skylights not only allow brilliant light to shine down into your room, they also open to allow crisp, fresh air to flow in and hot, stale air to go out. See you later, air conditioner!







Your Life Brightened with Natural Light

Natural light can enrich your health and well-being, and bring a whole lot of positivity.



Vitamin D Storage

We need Vitamin D for our bones to stay strong, and to help prevent certain cancers, heart disease, depression, and weight gain. Oftentimes though, we can't relax in natural light to get enough Vitamin D our body needs. So, when you can't go out, bring light in.



Higher Productivity

Feel like you're dragging in the morning, or you can't seem to get those last bits of chores around the house done? This is your body letting you know it needs more natural light. Studies have shown that the more we work in natural light, the higher energy levels we have compared to artificial light.



More Sound Sleep

Nothing feels as good as waking up from a restful night's sleep. You feel as if you're instantly ready to tackle the day without coffee or a yawn in sight. Natural light can help you get there! Sunlight is an environmental indicator that helps set the phases of our body's natural circadian rhythm.



Vision

Our eyes are put under a constant strain from computer screens, phones, and even harsh artificial light. Natural light aids in our ability to clearly see without added strain, as well as helping eye development in children and young adults.

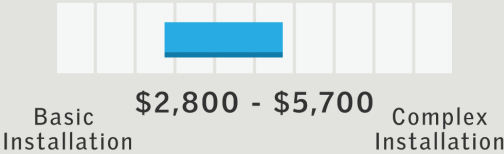
Skylights for Your Bedroom

The VELUX Solar Powered "Fresh Air" Skylight

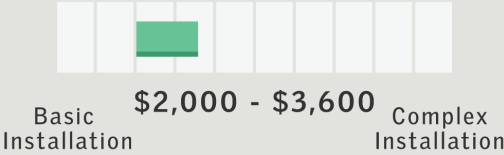
When you pair natural light with fresh air, you open your bedroom to a world of crisper, clean air and brighter days.



New Skylight



Replacement Skylight

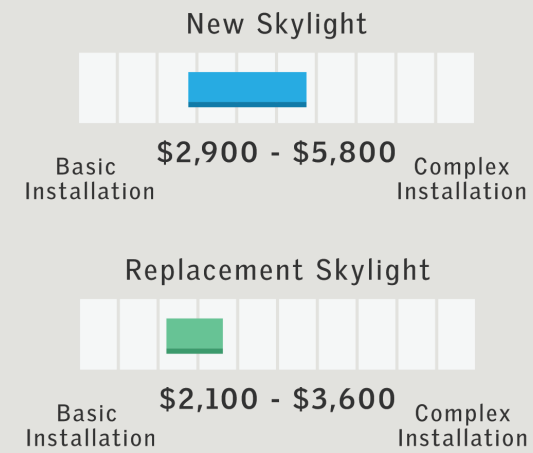


Eligible for a
Federal Solar Tax Credit
off product and installation



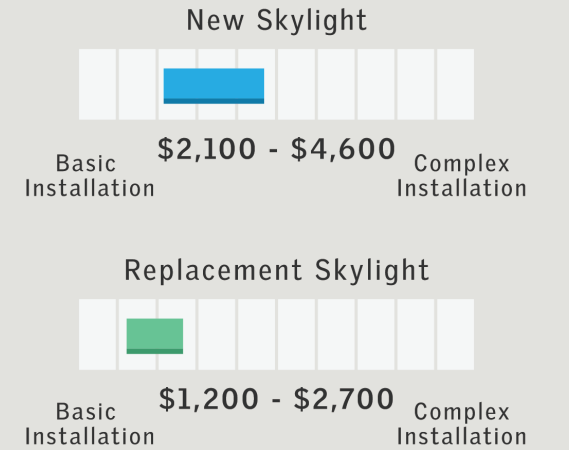
The VELUX Electric "Fresh Air" Skylight

Let abundant natural light flow through your bedroom while blocking heat. The venting feature of this electric skylight reduces the need for air conditioning and improved indoor air quality.



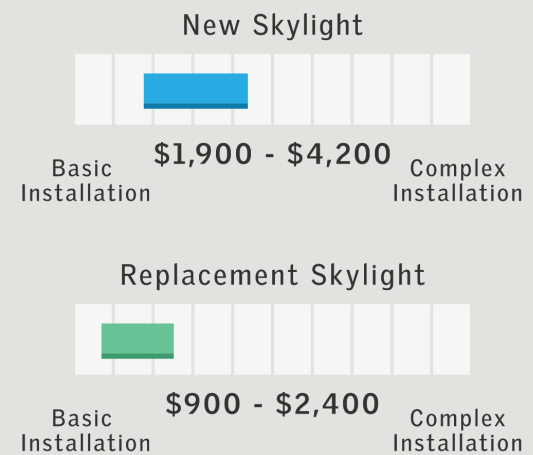
The VELUX Manual "Fresh Air" Skylight

The manual-venting feature of this skylight brings all the light into your space, while letting go of stale air. An operator hook makes it easy to open and close the skylight to improve your bedroom's air quality.



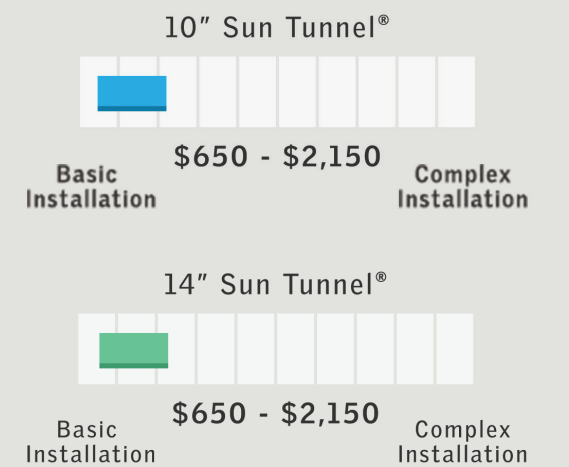
The VELUX Fixed Skylight

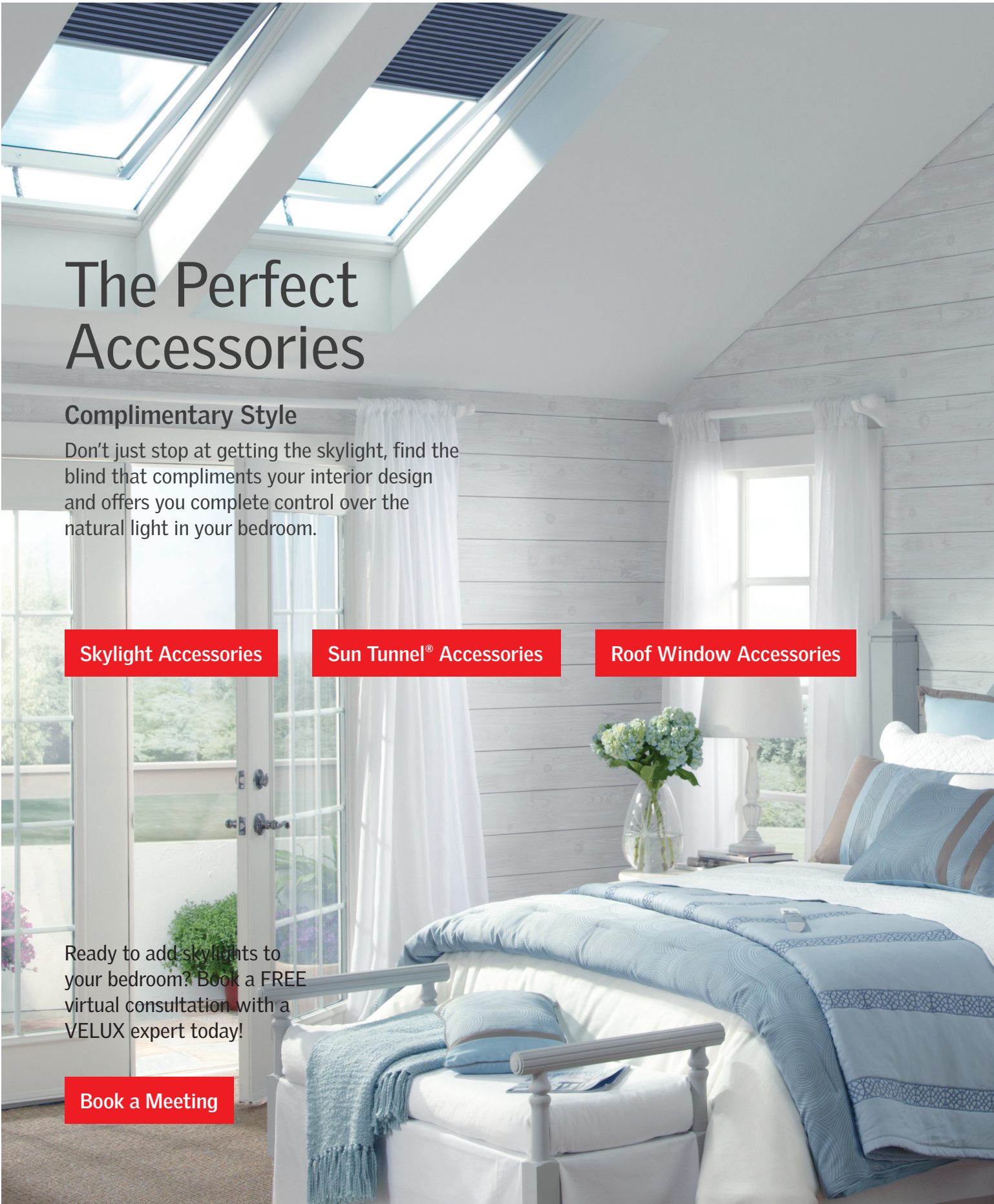
With versatile sizing and a clean exterior profile, this skylight provides abundant natural light to your bedroom without obstructing the roofline. Add a pre-installed solar-powered blind, and this skylight also becomes eligible for a federal solar tax credit.



The VELUX Sun Tunnel® Skylight

Even the smallest spaces deserve to be awash in natural light. If your bedroom cannot accommodate a traditional skylight, choose a Sun Tunnel® Skylight to light your space with clean light.





The Perfect Accessories

Complimentary Style

Don't just stop at getting the skylight, find the blind that compliments your interior design and offers you complete control over the natural light in your bedroom.

Skylight Accessories

Sun Tunnel® Accessories

Roof Window Accessories





Ready to add skylights to your bedroom? Book a FREE virtual consultation with a VELUX expert today!

Book a Meeting

Room Darkening, Double-Pleated Blinds

Designed with a unique honeycomb structure, this pleated blind blocks even the brightest light.

















Solar-powered or manual.

 1045 White	 1155 Beige	 1163 Grey	 1164 Grey Melange	 1171 Dark Sand	 1047 Charcoal
 1049 Golden Beige	 1156 Blue	 1165 Light Brown	 1166 Ivory	 1167 Orange	 1168 Dusty Green
 1169 Light Blue	 1170 Dark Taupe	 1172 Light Grey	 1173 Petrol		

Light Filtering, Single-Pleated Blinds

Softly diffuse the natural light from your skylight with this single-pleated blind.















Solar-powered or manual.

 1016 White	 1259 Classic Sand	 1275 Natural	 1282 Dark Grey	 1286 Jeans Blue	 1256 Classic White
 1274 Charcoal	 1276 Dusty Brown	 1277 Dusty Sand	 1278 Beige	 1279 Red Wine	 1280 Forest Green
 1281 Mint Green	 1283 Light Beige	 1284 Grey	 1285 Soft Blue		

Blackout Blinds

Ideal for movie rooms and bedrooms, blackout blinds are made with a flat material designed to block all incoming light.







Solar-powered or manual.

 1025 White	 0705 Grey	 1085 Beige	 1100 Blue	 3009 Black	 4556 Sand	 4559 Dark Brown	 4564 Orange
 4574 Warm Grey	 4575 Dusty Green	 4576 Light Blue	 4577 Taupe	 4578 Soft Rose	 4579 Natural	 4580 Light Taupe	 4581 Dark Petrol

Venetian Blinds

For style and comfort, the venetian blind is your best option for light control.

Manual (Blind Slates Measure 1.375")

 7001 White	 7057 Brushed Silver	 7062 Matte Black	 7063 Matte Grey	 7064 Natural	 7065 Taupe
--	---	--	---	--	--