

Inspiring Home Series: Your Kids' Room Reimagined

Bringing light to life

Designing the Coolest Kids' Room

Create a space that encourages growth, learning, and imagination!

Parents learn early on that it doesn't take long for kids to outgrow anything - clothes, shoes, toys and TV shows, even the spaces where they spend their time! Think about it: your five-yearold doesn't sleep in a crib anymore, so why shouldn't his other surroundings accommodate that growth?

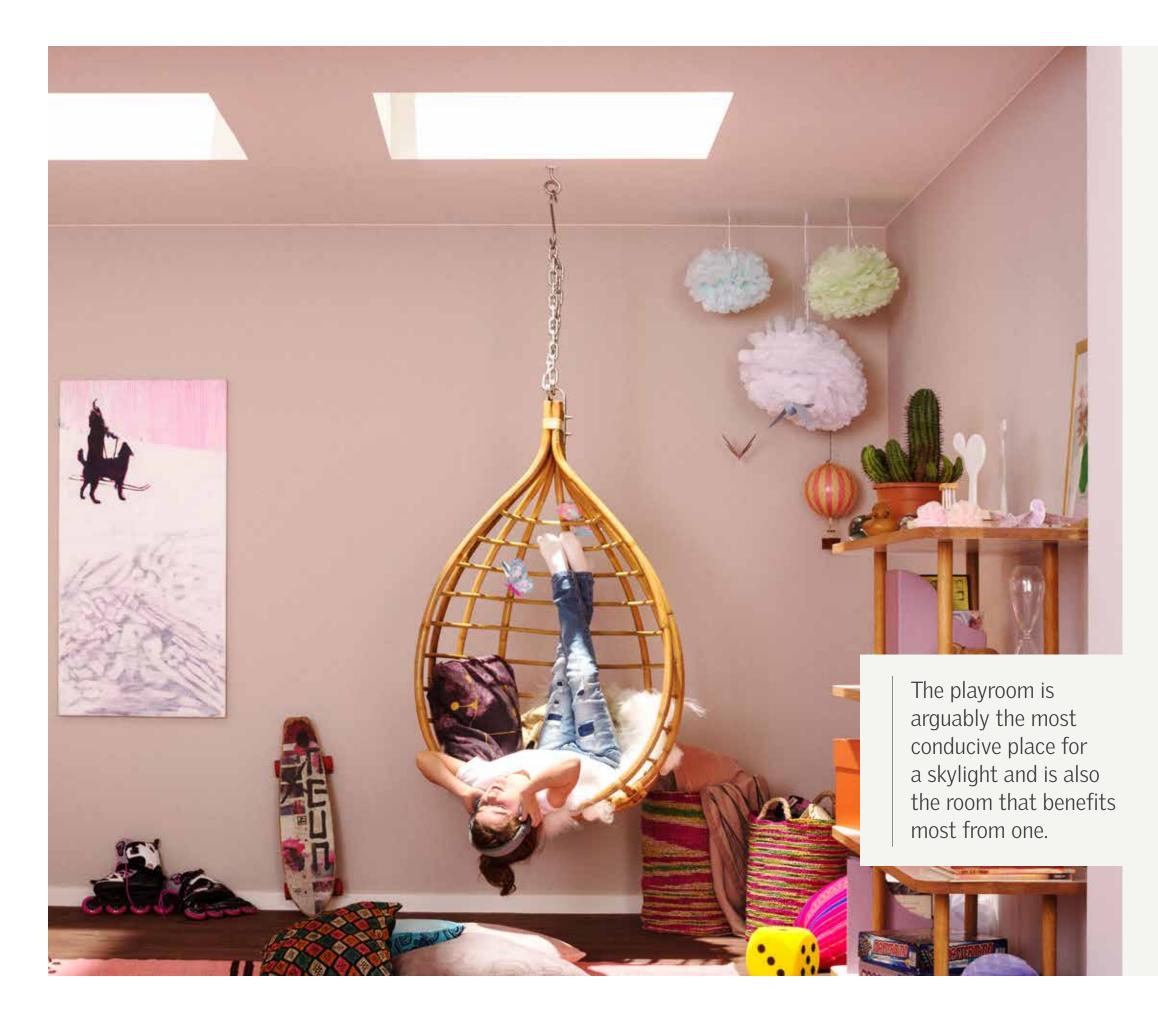
Taking the first steps toward updating your kid's room or playroom is always exciting as you explore different design avenues and choices. There are a lot of options that can completely transform your kid's space, giving it the fun and beneficial - upgrades everyone wants.

If you're looking to create the perfect fun and inspiring room for your kids, we'll let you in on a little secret: look up and discover the magic on your ceiling!

See your kids' room in a whole new natural light!



Look Up To Your Magical Ceiling!



It's easy to inspire growth, learning, and laughter with abundant natural light.

Allowing daylight to shine from above as if coming through a portal to another world, skylights alter the appeal of a room in an almost magical way. For many of us who are used to natural light coming in only through traditional windows, skylights can seem almost wondrous.

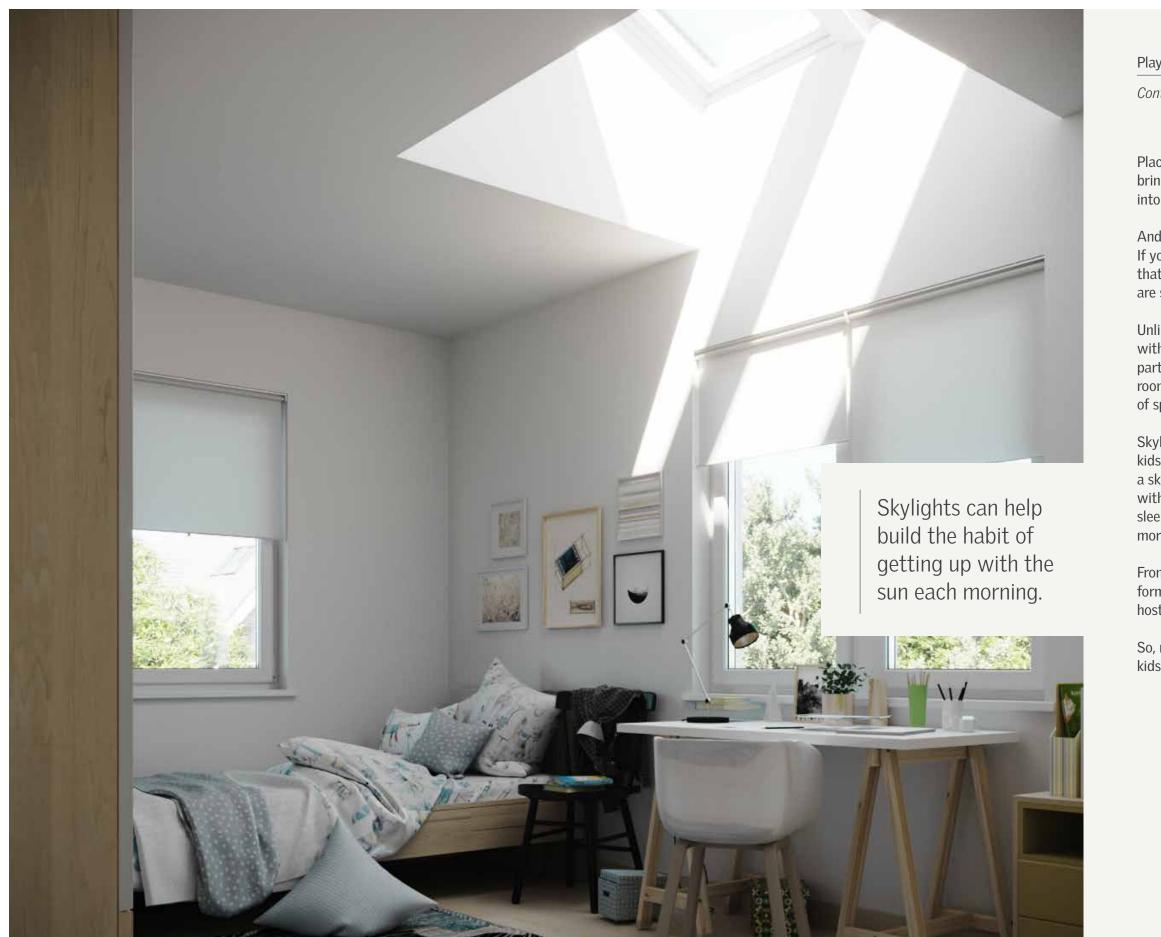
And what better place to spark that wonder than in your kids' room?

The playroom is arguably the most conducive place for a skylight and is also the room that benefits most from one. If your little ones can't get enough of playing outside, then bringing the outdoors in might be the perfect alternative.

Even with just a bit of sunshine beaming through, a glimpse of the beautiful blue sky and the lush green canopy outside can make a huge difference.

The placement of a skylight in your kids' room is all about combining it with the already existing pendant and recessed lights to give their space the best possible light.

Playing with Daylight



Playing with Daylight

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Placing it above the bed, for instance, is a cool way to bring in the star-studded night sky and turn their room into a dreamy, enchanted setting.

And a skylight in a small bedroom is an absolute life-saver. If you're thinking of turning the attic into a kids' retreat that accommodates their study and play area, skylights are something to consider.

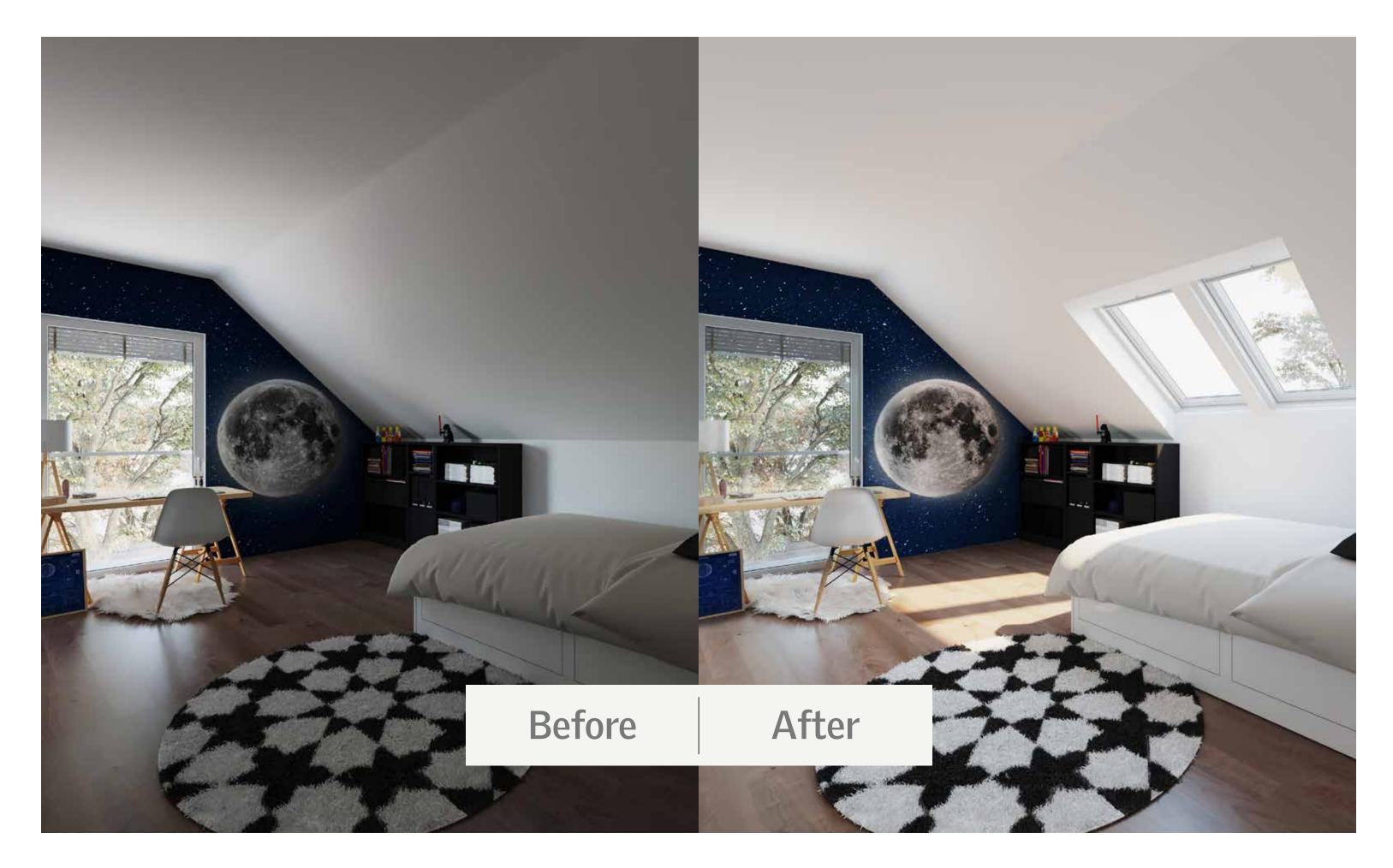
Unlike traditional windows, skylights fill your kids' room with ample natural light without casting shadows in any particular direction. They illuminate every corner of the room while adding a visual touch of sky to create a sense of spaciousness and promote creativity.

Skylights can also enhance the existing style of your kids' room several-fold. And, especially in the kids' room, a skylight can actually help build the habit of getting up with the sun each morning. No more having to force your sleepy kids and teens out of bed a million times each morning - the sun can do it for you!

From cutting energy costs to bringing in daylight and forming a creative, healthy living space, a skylight offers a host of rewards unlike anything else.

So, maybe it's time to think about bringing one into the kids' room too!





REASONS To Love Skylights In Your Kids' Room

1 Encourage Healthy Growth

Daylight is an excellent source of Vitamin D, which promotes bone growth and cognitive functioning while helping prevent depression and weight gain. Exposure to daylight also influences serotonin production, which plays an important role in brain development. Increased levels of serotonin are also related to feelings of wellbeing and happiness in children, so when you can't go out, bring daylight in!

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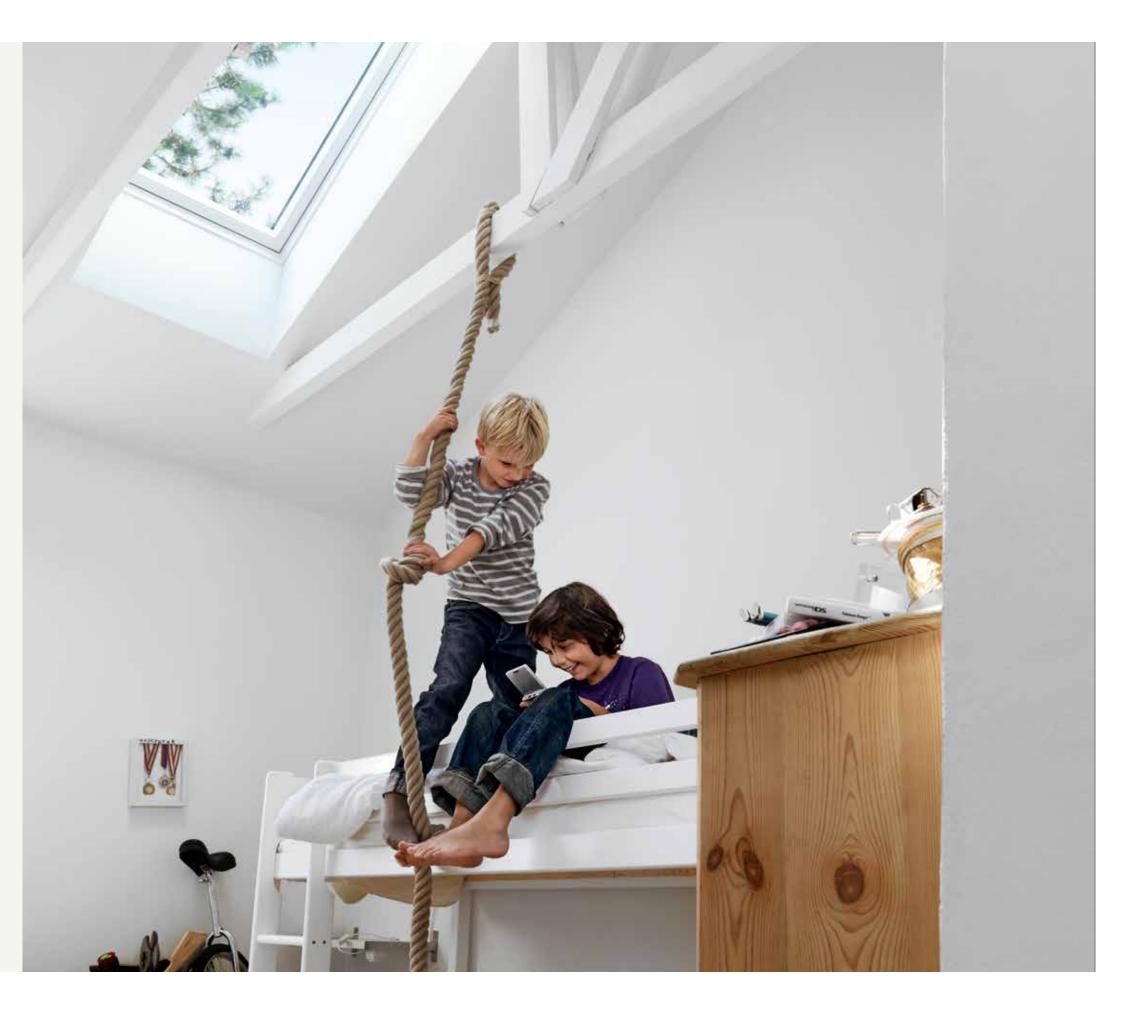
Sleep More Soundly

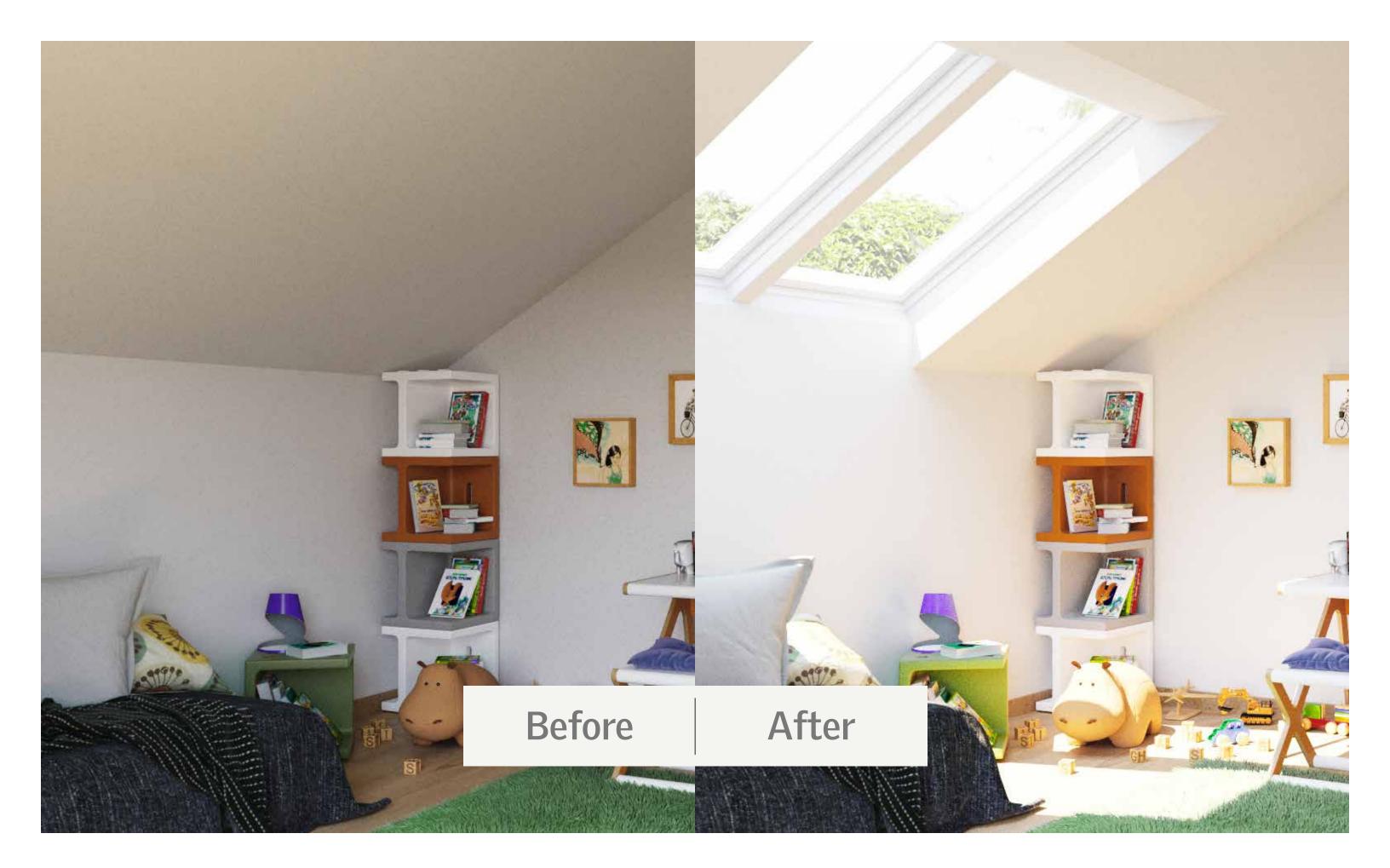
Depending on their age, kids need 9-13 hours of sleep per night, and daylight can help. Sunlight is an environmental indicator that helps set the body's circadian rhythm (sleep/wake cycle). In other words, it helps the brain learn when it's time to produce melatonin for us to fall asleep and acetylcholine for when it's time to wake up.

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Promote Eye Health

Vision, unfortunately, is not one of those things that gets better with age. But you can help your children form good eye health habits with daylight. Natural light aids in our ability to see clearly without eye strain. Daylight also promotes eye development in children and young adults, so try to surround them with it as early as possible!





A Refreshing Take on Your Kids' Room

You know your kids deserve the best; it's time to give it to them.

You love your children and want nothing but the very best for them. So why not give them a space to learn and play that's full of natural light and is continuously refreshed with fresh air? VELUX skylights allow you to do both!

Did you know that your kids room is the most polluted room in the house? This is from all the plastic toys and the gas offsets from them; not dusting regularly and not airing out the home.

Fresh air is an important factor to our overall health and well-being. This is especially true when we're growing up. Typically, unless it's summer, kids spend a lot of time indoors between school, homework, and chores - but it's still crucial to their development to get fresh air daily, all year long.

There are a myriad of health benefits related to fresh air exposure, namely children who get more of it experience an increased intake of Vitamin D and decreased hyperactivity and depression. Fresh air also improves lung health, ridding them of impurities such as car fumes and dust.

Making sure your kids get fresh air can also help inspire creativity and sharpen their minds. More oxygen results in greater brain functioning, improving concentration skills and even moods. With all these benefits, it's pretty clear how important fresh air is to your kids' development!

And, let's get real for a minute: kids seem to have a way of finding, creating, or bringing in new and sometimes interesting smells. Without proper ventilation, your kids' room can go from a fun play place to a real pigpen pretty quickly. Venting skylights can help air out those funky smells and move fresh air in.

While you can't always ensure outside playtime, you can increase your kids' exposure to fresh air with strategically placed skylights. After all, what better way to brighten your kid's space than with plenty of daylight and ventilation? And with our laminated glass, VELUX skylights are built to be the safest windows to play, learn, and sleep under.

Your kid's room is a hive of activity, full of life, giggles, and wonder. It's a room not only for sleeping, but for learning, playing, and growing. Add more life to their room and let them explore the great outdoors right from their window with VELUX skylights!

KIDS' BEDROOMS ARE OFTEN THE MOST POLLUTED ROOM IN THE HOUSE

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Your Life Brightened with Natural Light

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

At VELUX, we believe in selling daylight and fresh air because we believe in the restorative and transformative powers of natural light. It's the source of nutrients that power us through the day, rebalances our circadian rhythm (sleep cycle), keeps us healthy, and gives us more of a positive feeling. So, let's take a closer look at how natural light can really brighten your life with all of its benefits.



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

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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

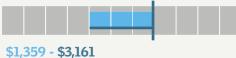
Our eyes are put under a constant strain from computer screens, phones, and even harsh artificial light. Natural light aids in our ability to clearly see without added strain, as well as helping eye development in children and young adults.

Skylights for Your Kids' Room

The VELUX Solar Powered Venting Skylight

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









The VELUX Electric Venting Skylight

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

Available in Deck Mount & Curb Mount Installations Product cost range -



\$1,259 - \$3,061





The VELUX Fixed Skylight

Ideal for visually expanding areas and delivering abundant natural light. Enjoy complete privacy and a spectacular view to the outdoors.

Available in Deck Mount, Curb Mount, and Custom FCM Installations Product cost range -



\$232+



Note: Price ranges provided are skylight product costs and do not include installation costs.

The VELUX Manual Venting 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 living room's air quality. Perfect for in-reach applications.

Available in Deck Mount & Curb Mount Installations Product cost range -



The VELUX Sun Tunnel Skylight

Even your interior spaces deserve to be awash in natural light. If your living room 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 kids' room.

The VELUX Blind Collection







1162



1160







Orange 1273

Snowy

White

1255

Classic White 1256