

Tips to stay cooler with less or no air-conditioning

- Run fans for air movement, especially with the breeze coming your direction while sleeping.
- Close drapes or blinds to reduce heat coming in windows during the day.
- Open windows at night when the temperature outside is cooler. Heat from inside will escape to the outside, cooling the inside. Close windows and their blinds or drapes by 10 a.m. on hot days.
- Reduce heat from lighting by using LED bulbs. They generate 85% less heat than incandescent bulbs.
- Use a microwave, toaster oven, or slow cooker instead of the stovetop or oven to add less heat during the day. Note: This would reduce your energy use *any* month of the year.
- Turn off a portable or ceiling fan when no one is in the room.
- Drink water frequently.
- Rinse off in a cool shower.
- Use the exhaust fan in your kitchen and/or bathroom.
- Hold a cool washcloth on your neck or wrists.
- Sleep on the lower floor of your residence.

(Sources: <https://michaelbluejay.com/electricity/cooling.html>)

<https://www.cnn.com/2020/05/24/health/how-to-stay-cool-without-air-conditioning-wellness/index.html>