

## The Amazing Benefits of A Home Skylight

If you're like most people, you probably think a **skylight** is just a way to add natural light to a room in your house. And it's true that a skylight will do that, but it does so much more as well.

First and most obvious is that a roof skylight can be an energy saver. Of course you won't need to have your electric lights on during a sunny day, and some skylights are double paned meaning they act similar to storm windows, adding insulation to cut down on your energy bills. And yes, it will add value to your home should you decide to sell it.

But it gets even better. Are you aware of the many benefits of natural light in your home? Studies have shown that natural light enhances learning in schools. It also elevates your mood which makes you feel better. It regulates your body's sleep pattern. And having a skylight can even aid in the production of important vitamins including vitamin D.

You can get skylights that are made of glass, or of more advanced and durable materials such as plastics or acrylic. These are great for areas where hurricanes or hail are prevalent. Polycarbonate skylights are 200 times more durable than glass. Skylights can be tinted to allow in as much light as you want and filter out the rest. They can be domed, flat, round or whatever works best on your roof. Some can be opened and closed depending on the weather, either manually or better still by remote control.

Installing skylight fixtures is not that difficult for an experienced do it yourselfer, although for some people it's best to leave it to the professionals, whether you are adding a new one or getting a replacement skylight. You can get them for your home, office or even get an RV skylight and be amazed at how it will open up an area that normally seems very cramped. If you have one that's damaged, it's simple to find a replacement skylight.

Don't overlook this simple home improvement and all the benefits adding a skylight can provide.

**Many homeowners it seems love the idea of doing things to their home to improve its look, value, or simply its function. Yet one of the simplest, most beautiful and effective projects often gets overlooked. Adding a simple roof skylight will give you benefits beyond what you would typically expect. For instance did you know that a roof skylight affects your body functions and makes you feel better. It does, because natural light has been shown to increase your ability to function well. It regulates your sleep patterns and aids in creating vitamins your body needs. Do you think a new plasma television will do that? Studies have also concluded that natural light in a classroom helps students learn better. Taking that logic into your home, how much benefit would you get out of adding a skylight to your library or study.**

Let's talk about the options available to you. Really you can get anything from simple glass that is used in windows to more durable and advanced materials like plastic or acrylic. Acrylic seems to be the most widely used because it is durable and also very economical. A plastic lens is probably more durable still, and a good choice for areas that are prone to severe weather like hail or hurricanes. You can even get roof skylight fixtures that use a tunnel effect. These reflect and bounce the light to different areas of the room. It's an innovative system that uses light from different directions and can even send it around corners.

Other features available to you include skylights that open and close. This can be difficult to manage at times, especially with high ceilings, but that problem is solved if you get an automatic system. You simply use a remote to open and close the skylight on demand. Or, in more advanced systems, you can preset it to open and close at a predetermined temperature so there's no work at all on your part.

Some of the more advanced skylight systems come with a lens that is covered by a film. This film will react to light, detecting how bright it is, then filtering the light when it is too bright and allowing only a portion to get in. These are much like prescription sunglasses that darken in the bright sun. But no matter what roof skylight options you choose, you will enjoy a brighter room that will look better and make you feel better as well.