

Staying healthy while studying from home in warm (summer) weather

Avoid discomfort and health problems from hot weather

Keep your home cool

Provide sun protection on the side of your house where the sun is rising, for example close your curtains. Start with that in time, before the sun has had a chance to heat up the room.

Is it cooler inside than outside? Then keep the windows closed. Is it warmer inside than outside? Then open your windows.

Ventilation

Good air exchange is of great importance for the proper functioning and prevention of complaints. Ensure continuous ventilation by keeping the ventilation grids open.

Clothing

Choose airy clothing, made of material that "breathes" well. Cotton and linen, for example.

Cool yourself

Cool your wrists under a running tap.

Fan

Install a fan. A fan does not cool, but it does have a cooling effect. It lowers the wind chill temperature by moving the air. Choose a larger rather than a small fan, they make less noise. Ambient noise can be disruptive while studying and can be experienced as tiring. Place a frozen water bottle in front of the fan. This cools the air in front of the fan.

Drink a glass of water every hour

In warm weather, it is good to drink at least 2 liters of water. Have a glass every hour, even if you are not thirsty yet. You can give your water a natural taste by, for example, adding pieces of fruit to it.

Take breaks

Take time for breaks. Take advantage of the cooler morning and evening for a walk.

Studyplace

If possible, choose a studyplace that does not receive direct sunlight, and move your studyplace during the day if necessary.

Turn off heat sources

Too high a temperature due to many heat sources can lead to less well-being and less performance. Turn off electrical appliances and lighting when not in use.

Acclimatise

Give your body time to get used to the warm weather.

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Study outside

If you choose to study in the garden or on the balcony, take the following points into account:

- Do you study at your laptop for more than two hours? Use a separate keyboard and mouse . In additions, raise the laptop (for example with a few books) so that the screen is at the correct height.
- Study in the shade. For example, put up an umbrella.
- Preferably sit in a place with the sun next to you. Looking directly into the sunlight increase fatigue.
- Due to the sunlight, you can see little to nothing on your screen. Adjust the brightness and contrast of your screen.
- Don't let your laptop get too hot.

