



24 June 2013

Daylight is a key to a better living

You save energy. Your well-being and productivity are improved. And you impose minimal impact on the environment and climate.

These are some of the main observations made of test families having lived in an entirely climate renovated house and a sustainable new build - the LichtAktiv Haus in Germany and the CarbonLight Homes in the UK. Focused on energy, indoor climate and environment the houses have been renovated and built in accordance with the Active House principles.

The renowned professor in sociology from the Humboldt University, Prof. em. Dr. Dr. h.c. Bernd Wegener, raises the curtain for the first time in this video and reveals that both test families have experienced tangible changes in their everyday lives - in terms of health, well-being and productivity.

"Our data shows that when we implement these building principles we also increase the families' well-being, making them more energised, healthy and productive," says Professor Wegener.

"Living in the house has improved the balance in their daily lives, making them more social and they tell us that the kids sleep better at night. So we need to implement guidelines for these building principles, so we can achieve a better quality of life when we build and renovate the houses of the future," Professor Wegener continues.

The German and British families, the Oldendorfs and the Glazebrooks, are part of a European study on how daylight and natural ventilation can reduce energy consumption and affect everyday life for people living in sustainable homes.

"The open space and the ample daylight light invigorate us. The kids sleep better at night and we benefit as a family from living under these conditions," comments Mr Glazebrook.

However, according to experts in architecture and construction we may overlook important building principles that include daylight and natural ventilation.

"We need to consider more than just energy and climate when we build our future homes. We spend 90% of our time indoors either at work or at home. Through our studies we have learned that daylight and the indoor climate have a considerable impact on our health and energy levels. So we need to include key building principles that focus on daylight and natural ventilation to



improve our indoor living and working environments," says Peter Andreas Sattrup, Architect MAA and PhD, Associate Professor at Technical University of Denmark.

LichtAktiv Haus in Hamburg and CarbonLight Homes near Birmingham have been developed by the VELUX Group as part of the Model Home 2020 programme, including six buildings in five European countries and aimed at creating climate neutral buildings with high levels of livability.

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The news video "Climate renovation demands daylight" can be seen here and is around 3 minutes at VELUX Media Centre: <http://press.velux.com/>

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For further reading please visit:

LichtAktiv Haus: <https://lichtaktivhaus.de/>

Carbon Light Homes: <http://www.thedaylightproject.co.uk/topics/carbonlight-homes/family-blog>

Active House: www.activehouse.info

VELUX Model Home 2020: http://www.velux.com/sustainable_living