



Tips For Staying Warm At Night In Winter



Lay a thick and large rug on the floor to insulate your bedroom.



Place your bed away from the bedroom windows.



Keep the bedroom window slightly open for ventilation while using heaters.



Use warm bedding options, such as fleece flannel and down blankets.



Install draft blockers at the gaps of the door and windows to keep chilly winds at bay.



Use thermal curtains on your bedroom windows to create a cozy haven.



Wear thick socks and a woolen cap to keep your feet and head warm.



Stay active during the day to promote blood circulation and keep you warm from within.



Avoid using hot water bottles along with electric blankets to prevent electrocution.

REFERENCE:

1. Staying Warm In Winter; Nidirect
2. 6 Cost-Effective Ways To Stay Warm In Winter; British Heart Foundation