

#LIFEHACKS

# Easy, low-cost ways to beat winter cold at home

Winter in Bangladesh is short-lived, but it surely leaves its mark on everyone, and every household has their own unique way of dealing with it. Unlike Western countries, the houses here do not have heaters, which serves as the perfect catalyst for people to try out quick and effective methods to keep themselves warm.



overall temperature inside the house higher.

While cooking, or even when the cooking is done, the kitchen door can be left open so that the residual warmth and humidity can spread to neighbouring rooms and warm them up.

## Utilising the kitchen in every way

Who says the kitchen can only be used for cooking? During the winter season, the kitchen turns out to be one of the warmest spots inside the house and it is ideal to harness that warmth and spread it to other rooms as much as possible.

Cooking during the coldest parts of the day, such as the morning or the evening can release much needed moisture and heat into the house.

Simple activities such as boiling water, making tea, or baking can increase the amount of heat released and keep the



## Curtains and rugs are your best friends

When it comes to keeping a home warm in winter, curtains and rugs do not get enough credit.

The simple trick of covering your windows with thick curtain will help keep the room warmer, as it will stop the cold air entering the room, especially during night-time.

It also helps to trap the warm air inside the house and prevent it from escaping, making it a win win situation on both ends.

The best way to use them is to leave the curtains open during daytime, letting the

sunlight come in, and close them during the evening, trapping all the heat inside, leaving the room nice and warm.

Another game changer is thick rugs covering the floor.

Most homes in Bangladesh have tiled floors, and tiles tend to absorb and retain cold, making the rooms feel much colder than they actually are.

Laying down thick rugs, layered mats or even our traditional quilts can significantly reduce the amount of heat lost and can constantly keep our feet warm, acting as an affordable insulator.

## Closing the sneaky gaps in our homes

The cold winter air has a tendency to find every small gap. These gaps might be tiny, but can let in large amounts of cold air, making the room temperature fall drastically.

After finding out these pesky openings, whether it be windows, doors, or even



ventilators, simple household items can be used to cover them up. Rolled towels, old fabrics, or old doormats placed below door entrances can help block cold air from coming in.

For ventilators that do not have covers or sliding glass panels, they can be covered by a cloth or a piece of cardboard, especially during the night to prevent cold air from entering into the house.

Winter seems to cause a debate; some people love it, others not so much. But while it is brief, it sure has a way of bringing people closer together.

By relying on these simple and natural methods, the winter season can be turned into a warm and comfortable one. In the end winter is not about fighting the cold but rather adapting to it.

By Mehdi Islam Mahi  
Photo: Collected

Aloe vera ও Cocoa butter সমৃদ্ধ

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