

How to Stay Warm Indoors in Cold Weather



Category	Details
Layer Up Your Clothing	Layering clothing is key to retaining body heat. Start with a thin base layer made of thermal fabric or wool. Add a comfortable t-shirt or long-sleeved shirt, and finish with a fleece, sweater, or cardigan. This personal insulation system traps warm air and allows easy adjustments as needed.
Cozy Accessories	Hands, feet, and head are prone to getting cold. Wool socks and slippers keep feet warm, while fleece robes and fingerless gloves help insulate the body. A light beanie can retain a significant amount of body heat indoors.
Warm Drinks and Movement	Warm drinks such as tea or coffee provide an immediate sense of warmth. Staying active by walking or stretching every 30 to 60 minutes boosts circulation, helping the body generate heat naturally.
Optimize Bedding	Warm bedding turns cold nights cozy. Swap cotton sheets for flannel sheets, layer blankets to trap heat effectively, and use hot water bottles to pre-warm your bed for added comfort.
Seal Drafts	Stopping drafts prevents heat loss. Apply weatherstripping or caulking around windows and seal door bottoms with draft stoppers. Close doors to unused rooms to focus heat where needed.
Curtains and Rugs	Heavy or thermal curtains block drafts and retain heat, especially at night. Sunlight-facing curtains can be opened during the day to utilize natural warmth. Rugs on bare floors provide insulation and reduce heat loss through the ground.
Focused Heat Sources	Space heaters provide efficient, localized warmth but should always be used safely and monitored. Electric blankets or heated pads are ideal for chairs or beds, offering targeted heat without the need for house-wide temperature increases.