



# Four Surprising Health Benefits of Solar Window Film

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## Solar window film has proven to be an excellent addition for both residential and commercial spaces.

This type of window film offers all kinds of benefits, from keeping your home or workplace's interiors cool and reducing electricity bills to keeping your furniture safe against fading.

Apart from these more common benefits of solar film, solar window film offers several health benefits thanks to how efficiently and effectively they filter sunlight.

While natural sunlight is good for the body, too much exposure to it can be bad for your health in the long run. Sunlight is especially intense during the summer months and you may experience certain health issues when being exposed to too much sunlight during this time.

Here's a look at the health benefits of having solar film installed in your home or workplace.

### Prevents overheating

Depending on where you live, the summer months can be very hot. Being indoors won't always protect you from overexposure to sunlight as intense sunlight can easily find its way into your home or workplace.

Sunlight causes heat build-up when a space is exposed to too much of it, causing it to become too warm for its occupants. It may worsen if a building's interior has high humidity levels.

Being exposed to intense sunlight for an extended period of time may cause a person to experience heat exhaustion.

At workplaces, an increase in interior temperature may affect employee performance. It could make it difficult for them to concentrate on work and make them feel tired and drained very quickly, affecting their overall performance.

Solar film can reduce the amount of sunlight entering commercial and residential buildings making it less likely for occupants to be overexposed to sunlight.



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For more information, please contact U.S. Film Crew at 412-961-TINT or visit [www.usfilmcrew.com](http://www.usfilmcrew.com)



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## Keeps out ultraviolet rays

Ultraviolet rays can be harmful to the human body. Too much exposure to UV rays may lead to diseases such as skin cancer and accelerated skin ageing.

It's estimated that about one in five Americans will develop skin cancer by the time they turn 70 years of age.

With solar film, you can significantly reduce ultraviolet rays entering your home or office and protect your family or employees from the risk of health problems.

## Reduces the likelihood of developing autoimmune diseases

According to researchers at the National Institute for Health, females exposed to high levels of ultraviolet radiation may be more susceptible to developing certain autoimmune diseases such as dermatomyositis, a medical condition that affects the skin.

Exposure to ultraviolet radiation may worsen the symptoms over time for individuals who already have an autoimmune disease, like lupus.

Solar film's UV blocking capabilities can help keep ultraviolet rays out of your home or office, keeping the building's occupants safe from the harmful effects of UV radiation.

## Reduces strain on the eyes

Direct sunlight or glare caused by sunlight can be harmful to the eyes. In some cases, glare and direct sunlight may cause people to experience eye strain and even painful migraines.

In a workplace, eye strain and headaches can make it difficult for employees to concentrate on their work, and this may lead to them feeling tired and demotivated. Over time, this may lead to mental health issues and lower workplace performance.

Solar film can prevent glare and control the amount of light entering your residential or commercial space.



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The film comes in a range of tint levels, allowing you to choose how much light you want in your space. This will enable you to create a comfortable environment for your employees while still letting in plenty of healthy natural light.

## **Make a safe and healthy indoor environment with solar window film**

By choosing the right kind of window film solutions for your home or organization, you can create a healthy environment for your family and your employees. There are also several kinds of solar film available, so get in touch with a professional window film installer to discover the best types of window film for your home or workplace.



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