

## Reduce Stress: Create A Sanctuary At Home

(NAPSA)—As Americans are discovering the importance of simplifying their lifestyles and easing stress, many are looking for ways to make their environment at home more relaxing. Creating a sanctuary at home is a popular approach for many. In a look at future home designs, Builder Magazine reports that, “Unrelenting stress in modern life intensifies the need for homes to function as sanctuaries.”

Creating a sanctuary in the home can be as simple as designing an area for the sole purpose of easing your mind and fueling your spirit. The space one creates is up to the individual. It can be designed for listening to music, stargazing, reading, art or even indoor gardening.

No matter what type of relaxation is preferred, one popular way to create a sanctuary in the home is by adding a sunroom. The sunroom creates a unique environment separate from the rest of the house. Its expansive glass and natural lighting are ideal for creating a sanctuary environment. The rooms are flexible and can be used for a variety of purposes, even as tastes change.

A national study of sunroom owners by Patio Enclosures, Inc., the largest manufacturer and installer of sunrooms in North America, cites “a place to relax” as the number one reason homeowners add sunrooms. In fact, in describing the future of home design, Russ Leslie, associate director of the Lighting Research Center, says: “Daylighting will become an increasingly important element in home design.” His assertion is partly based on the fact that natural sunlight is 24



percent more energizing to the human body than artificial light.

“Glass enables us to absorb natural light and create a visual bond with the environment outside,” says Kim Schaefer of Patio Enclosures, Inc. “A naturally lit environment is important in reducing stress levels and creating a truly relaxing space.” His company has manufactured and installed more custom sunrooms than any other. Because all rooms are custom designed, glass windows and doors are designed to fit without the “fillers” used by companies that only use “standard” sizes.

Adding a sunroom can be as simple as enclosing an existing porch or deck, not only bringing more light into the home, but also livable space. Sunrooms or solariums can also be constructed onto the home. Sunrooms that are custom manufactured can be made to blend naturally with any home’s architecture.

However you decide to create your sanctuary, remember that above all, it is important to create a place for solace and retreat. To learn how to create your own sunroom retreat, call 1-800-480-1966 or visit [www.patioenclosuresinc.com](http://www.patioenclosuresinc.com).