

# INDOOR COMFORT ACROSS LIFE STAGES

Homes are often designed for one stage of life, yet comfort needs change as families grow, routines shift, and mobility evolves.

## COMFORT NEEDS BY LIFE STAGE

### FAMILIES

- Infants and young children are more vulnerable to heat exposure
- Stable indoor temperatures support sleep and focus
- Quiet environments improve rest and development



### EMPTY NESTERS

- Comfort becomes routine-driven
- Preference for steady temperatures throughout the day
- Lower background noise supports relaxation and productivity



### SENIORS

- Older adults adjust less effectively to temperature
- Increased sensitivity to both heat and cold
- Falls are the leading cause of injury for adults 65+



## TEMPERATURE AND NOISE SENSITIVITY



### TEMPERATURE

- Children and older adults are at increased risk during extreme heat
- Aging reduces the body's ability to regulate temperature
- Programmable thermostats help maintain consistency



### NOISE

- Infants require low-noise sleep environments
- Adults will benefit from reduced noise for concentration
- Older adults may prefer quieter environments for clarity and comfort

## SAFETY AND ACCESSIBILITY OVER TIME



Step-free entries improve long-term mobility

Non-slip flooring reduces fall risk

Layered lighting enhances visibility

Easy-to-operate window styles improve ventilation access

Wider pathways accommodate changing mobility needs

## BUILT FOR LONG-TERM COMFORT



### CONSISTENT INSULATION

- Reduces heat flow and indoor temperature swings
- Improves year-round comfort



### DURABLE MATERIALS

- Reduce long-term maintenance demands
- Support aging-in-place planning



### ADAPTABLE CONTROLS

- Simple thermostats improve usability
- Easy window operation enhances accessibility



### DESIGNED TO EVOLVE

- Stable temperatures
- Reduced noise transfer
- Accessible layouts
- Materials that perform over time



**RENEWAL**  
by **ANDERSEN**  
FULL-SERVICE WINDOW & DOOR REPLACEMENT

Sources:  
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