

Technology in the Bedroom?

Intelligent Abodes talks the latest trends in lighting and smart home control

Is there really a role for technology in the bedroom? Checking emails or playing games on your smart phone may not be conducive to sleep; however, an Apple watch can help with relaxation techniques!

Music can be a great way to help you relax. Karen Chugg, from Intelligent Abodes, says 'I often like to listen to music or watch tv at night to help me drift off and having voice control enables me to say 'off' just as

I slip into sleep'.

Lighting control can help with relaxation too. Karen Chugg comments 'I find the lighting control switches very helpful at night, as they have an adjustable backlight, giving me the right level of light to see the 'night' button, which turns on some low level LED lights to help me find my way safely to the bathroom without waking me up too much'

In terms of lighting, we are all

different in our needs - from complete blackout to no window covering. With the latest in technology, modern fabrics can diffuse light, glare and absorb or deflect heat, allowing you to manage the light entering the room to suit your personal needs. Automated blinds can be programmed so you drift off to the evening sky and then they will automatically close as the morning light starts to appear, creating the perfect light for you! ♦

Come to our showroom to see all the technology discussed integrated into a bedroom setting - Call Karen on **01392 823398** or email **karen@intelligentabodes.co.uk**

intelligent abodes

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Specialists in smart home control & interiors, including lighting, automated blinds, discreet multi-room audio, home cinemas and security.



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