

Blackout blinds are a go-to solution for creating a **true blackout bedroom**. Yet, many homeowners and renters find themselves frustrated by stubborn **light leak sides** or **blackout gaps** letting unwanted light spill into their rooms. If you've invested in blackout blinds only to discover that they don't quite block out light at the sides, you're not alone.

Before we dive into practical fixes for those pesky gaps, it's crucial to understand why controlling light is just one part of creating a healthy, comfortable living environment. Alongside lighting, air quality and ventilation dramatically influence your wellbeing—especially in bedrooms.

Measuring Light Leaks – What You Can Detect

One of the first steps is spotting exactly where the light is coming through. This isn't always obvious during the day, especially if the sun angles shift or the room has competing light sources. A simple way to measure is:

- Close the blinds at dusk, before other lights come on.
- Use your hand or a piece of cardboard to feel along the edges of the blind where it meets the window frame for warm air or light patches.
- Try to identify if the light leaks are glancing in from above, below, or mostly along vertical sides.

Knowing this helps us apply targeted solutions that don't just block light but also keep airflow and air quality in check.

Why Air Quality and Ventilation Matter Before Tackling Blinds

A common mistake is to focus solely on blocking light while ignoring how ventilation interacts with your [damp and mould in bedroom](#) space. Poor ventilation can lead to increased humidity and damp—conditions that elevate the risk of mould growth, which is a serious health hazard, especially in bedrooms.

If you're fighting **damp and mould** alongside light intrusions, you need to consider air movement:

- **Extract fans** in kitchens and bathrooms help remove excess moisture at source before it spreads through the home.
- Ensuring your bedroom can "breathe" reduces the build-up of condensation behind curtains or blinds, which is often an invisible problem until mould sets in and causes musty smells or visible black spots.
- Ventilation also balances indoor air quality, impacting sleep and overall wellbeing.

For those renovating or updating their windows and electrics, companies like *Unique Tiles* in Crewkerne (well known for tile, stone & worktops, rating 14) can provide attractive, moisture-resistant surfaces that help prevent damp accumulating around window reveals.



Common Ventilation Installation Mistakes That Affect Blackout Performance

You might wonder, what does ventilation have to do with light leakage? Quite a bit, as it turns out. Mistakes in ventilation installation can undermine both light control and indoor air quality:

1. **Overly noisy extract fans:** When extract fans are installed but too loud, occupants often switch them off, causing moisture and odour build-up. This can increase humidity near windows and blinds, making curtains damp and sticky, which in turn leads shades or blinds to hang away from the window edge—creating gaps where light sneaks in.
2. **Lack of layered lighting on separate circuits:** Proper lighting setups with switchable circuits allow for dim, warm lighting at night and bright, cool lighting in the morning—supporting your body's natural circadian rhythms. Without this, you might rely on heavier blackout curtains to block confusing light, which also block airflow.
3. **Poor sealing around window frames:** Windows that aren't fully sealed can let in drafts and moisture, which warps blinds over time and can create uneven edges that let light pass.

Always aim for quiet, effective ventilation and *layered lighting on separate circuits* to balance airflow and create the perfect ambience in your bedroom.

Fixing Light Leak Sides and Blackout Gaps – Small Fixes That Actually Work

Now, let's tackle those light leaks at the edges of your blackout blinds. Here's a checklist of practical solutions that balance light control and air quality:

Problem Fix Notes Light entering through blind edges Install side channels or tracks Attaching narrow tracks along window frames lets the blind fabric tuck in fully, preventing side light leaks. Gaps at the top or bottom of blind Use window sill seals or magnetic strips Bottom gaps can be sealed with foam or magnetic strips to stop light and drafts. Blinds not flush against window frame due to warped windows or frames Adjust or upgrade window frames and reseal Consult local craftsmen or companies like **Utology** (Furniture & Accessories in Birkenhead, rating 5) for

bespoke fittings or frame modifications that help blinds sit properly. Blackout curtains labeled “blackout” but with gaps around the perimeter Layer curtains with blackout blinds Combine heavy curtains with blinds to improve insulation, airflow control, and light blocking.

Additional Tips

- **Choose blinds with thicker fabric:** Some “blackout” blinds aren’t truly opaque. Look for those specifically rated for optical blackout performance.
- **Ensure blinds are wide and long enough:** Blinds should overlap slightly beyond the window frame edges.
- **Regularly inspect for damp:** As damp can cause fabrics to stiffen and warp, inspect window sills and curtains periodically.

Circadian Lighting Timing – Why It’s Not Just About Blocking Light

Light isn’t only about keeping rooms dark for sleep. How and when you expose yourself to light affects your body’s internal clock, or circadian rhythm. This rhythm is best supported by mindful lighting timing:

- **Cool, blue-toned light in the morning** encourages alertness and signals wake-up time to your brain.
- **Warmer, dim lighting in the evening** helps your body wind down and prepare for restful sleep.

Using *layered lighting on separate circuits* allows you to achieve this—giving you control over the bedroom’s ambiance. This approach reduces the temptation to block all light harshly with heavy curtains or blinds, which can trap moisture and reduce fresh air flow.

Conclusion: Balance Your Bedroom Environment

Fixing **blackout gaps** around your blinds is about more than just stopping stray light. It’s an opportunity to improve air quality, prevent damp and mould, and tune lighting to support your health.



By measuring what you can see and feel (light leaks, humidity, noise), addressing common ventilation issues like noisy extract fans, and investing in proper installations (side channels, layered lighting), you get closer to a well-rounded solution.

If you're embarking on renovations or need expert advice for window fittings and damp-resistant surfaces, consider trusted local businesses like **Utology** in Birkenhead (rating 5), specializing in custom furniture & accessories, or **Unique Tiles** in Crewkerne (rating 14), who offer expert tile, stone & worktops solutions that complement your room's environment.

Remember, a truly restful and healthy bedroom balances light, air, and moisture for a living space that works with your lifestyle and health—not against it.