



Average house temperature

The optimal room temperature during summer is no greater than 78 degrees Fahrenheit, according to the US Department of Energy This might be too warm for some. Hence, other cooling measures are recommended to make the house more comfortable. How to cool off a room? Ceiling fans push cool air down, while closing shades, curtains, or blinds lowers ambient indoor temperature during summertime. Weatherstripping windows and doors creates a cooling effect in the summer, as does limiting the use of heat-generating devices and appliances. The ideal room temperature in winter is 68 degrees Fahrenheit (18 degrees Fahrenheit (18 degrees Fahrenheit). If that's difficult to achieve, aim for a minimum indoor temperature of 64.4 degrees es Fahrenheit, as suggested by the World Health Organization. However, some households like to have their thermostat setting for winter between 73 and 78 degrees Fahrenheit (23 and 25 degrees Fahrenheit) because 68 degrees Fahrenheit) because 68 degrees Fahrenheit (23 and 25 degrees Fahrenheit) because 68 d designed homes. Unsurprisingly, architects spend a lot of time and effort planning essential elements for a modern house. In this section, we will examine the most important factors that impact indoor temperature. the winter. Windows impact ambient room temperature, as does building geometry because of the shading effect. Vaulted and high ceilings deliver a cooling effect in the summer, but are taxing on your home's heating system in the winter. temperature negatively. Poorly insulated rooms have a negative influence on room temperature and heating bills. Insulating materials must be thick enough to retain cool air in the summer and retain heat in the winter. the day. Smart thermostats save you about 8% on your cooling and heating bills, according to the US Environmental Protection Agency. But the cost of your bills depends primarily on home design features, like insulation and double-glazing. The US Department of Energy recommends smart thermostats to ensure more effective residential cooling and heating systems management. Although it is great to have cost-saving measures, a smart thermostat's most significant advantage is convenience, since you can automate home temperature from your phone. Credit: Consumer Buddy Should I turn off my thermostat when I'm away?Generally speaking, do not turn off your thermostat when you are away, because mold and mildew may develop in a naturally cold and damp home. Instead, adjust the temperature so it is lower than usual. In summer, the US Department of Energy recommends turning off the thermostats when you are away. Smart thermostats automatically adjust the temperature so it is lower than usual. temperature higher than 25.56 degrees Celsius or 78 degrees Fahrenheit is too hot for a house. Of course, people living in naturally hotter climates as high as 88 degrees Fahrenheit, or 31 degrees, are not unusual. Though 72 degrees in a house isn't 'hot', it is an optimum temperature for winter. A house can feel cold at 70 degrees if it is inefficient. In other words, heat generated isn't retained and is instead wasted. Adding insulation and improving other home design features helps prevent wasting energy (and reduces your bills in the long run). The US Department of Energy recognizes 68 degrees as the best temperature for heaters in winter. The government agency adds that homeowners should start with 72 degrees Fahrenheit or 22 degrees Fahrenheit or 22 degrees Fahrenheit or 22 degrees Fahrenheit or 19 degrees Fahrenheit or 10 degrees Fahr temperature between 68 and 72 degrees Fahrenheit is 'room temperature', but some regions have indoor temperature to set your thermostat during the summer (equivalent to 25.5 degrees Fahrenheit is a good temperature for a house? Although the normal house temperature is between 68 and 72 degrees Fahrenheit, or 20 and 22.22 degrees Celsius, household members likely have different indoor temperature. Installing smart thermostats is a logical solution for convenient management, but structural fixes and alterations have a bigger impact on how warm or cold the home is. Recommended reading: Fire Alarm Keeps Going Off? Here's What to DoWhere to Put Carbon Monoxide Detectors in your Home? 16th December 2022 To keep costs down, it's tempting to use the heating less or set it to a lower temperature. And while turning down the thermostat might save on your energy bills, it's also important to know the ideal temperature for vulnerable people, like newborn babies and those who are older. What do the independent experts say? The Energy Saving Trust recommends heating your home to between 18 to 21 degrees celsius during winter. And The World Health Organisation (WHO) suggests 18 degrees is the ideal temperature for healthy and well-dressed people. Both agree this is also the ideal temperature for healthy and well-dressed people. health of your household. The WHO suggests 20 degrees as the ideal temperature for the old, young or unwell. For healthy adults, you should heat your home to a room temperature? According to lullabytrust.org.uk, it's vital a newborn's room is neither too hot or cold. This is because the risk of SIDS (sudden infant death syndrome) is higher for babies feeling too hot. They recommend heating the room of a newborn to 16 to 20 degrees. What temperature is ideal for older people? For vulnerable people such as the elderly, a change in room temperature can present several health risks. For example: A temperature of less than nine degrees has the potential to lead to hypothermia A temperature of nine to twelve degrees or above 24 degrees increases the risk of strokes and heart attacks Age UK recommend that older people heat their main living areas to a steady and comfortable temperature, usually around 18 degrees. This should be comfortable for areas like the living room and bedroom. Radiators in other rooms that aren't being used can be switched off or down to save on energy costs. Should you heat your home when on holiday? Only leave your heating on during a holiday if there's a possibility of freezing. Otherwise, you could return home to a flooded house and costly repair. But there's no need to leave it on if you have the Hive Thermostat. Its in-built Frost Protection kicks in when the temperature drops below 7°C to switch your boiler on and prevent your bilers also have a similar feature, so they're protected when it gets really cold. If you don't, then set your thermostat at least 5°C to get the same sort of protection. In summer, it makes sense to switch off your heating while you're away. The only exceptions to this are if you: Have pets in the home while you're away for an extended period and want to minimise the risk of mould or mildew building up Should you heat your home during daylight hours. But if the temperature drops at night and you feel uncomfortable, you can turn the thermostat up a notch or two. That said, a better solution might be to improve the insulation of your home. With your home retaining more heat gained during the day, you can rely less on your central heating. Should you open windows to circulate air? Opening your windows may be a great way to let fresh air into your home. But if your heating is on, your home will never reach the desired temperature because heat will escape through the window, which is a waste of money. By pairing a Hive Window Sensor with your Hive Thermostat, you can create a smart home that automatically turns the heating off when it detects a window being opened. During summer you may be tempted to open your windows to cool down your house. Or to improve your sleep at night. But if it's a particularly hot summer, warm air from outside may make your room more uncomfortable. Get smart with your heating The Hive Thermostat gives you total control of your heating so that you can manage it from anywhere. It could save you up to £311 a year on your energy bills by never heating Plus to get personalised tips, set budgets and track your spend in pounds and pence - and save an extra £26 a month during winter. Find out more at Hive. Back to the Source The ideal temperature to set a thermostat in winter is a source of arguments in homes around the world. While some people like to feel warm and cozy at home, others would prefer to put on a sweater and save money on the gas or electricity bills. Studies have shown that women in particular are more sensitive to temperature and tend to prefer higher room temperatures than men. So, what temperature should your home be in the winter? In this guide, we look at the average temperature indoors in the world you are. The greater the difference between the indoor and outdoor temperature is typically around 68°F (20°C). But a reasonable temperature is typically around 68°F (20°C). But a reasonable temperature is typically around 68°F (20°C). 19°C) at night. If you block all drafts, wear warm clothing, and cover yourself with a blanket, then a daytime temperature of 64°F should be sufficient. Likewise, if you are being active, such as doing chores, then this temperature of 64°F should be sufficient. prefer a warmer temperature. The World Health Organization recommends that infants, elderly people, or those in poor health should have a room temperature is between 64-75°F (18-24°C), let's consider what the best temperature is, depending on your circumstances. When considering the ideal temperature to set your thermostat in the winter, you'll want to consider the following factors: Are you home? - It makes sense to have a lower temperature if nobody is homeAre you sittig still or moving around?Who is in the house? - Very young and very old people need a higher temperatureWhat are you wearing? - Can you add another layer or some warm slippers?Is the house drafty? - Drafts can make a room feel colder than it really isCan you afford the bills? - Is paying your energy bills a source of worry for you? For most people, the best temperature to set your thermostat to in the daytime and 65°F (20°C) in the daytime and 65°F (20°C) at night. It's good to have a slightly cooler temperature at night than in the daytime because our body temperature at night than in the daytim that's too hot generally occur in the summer. In the winter, it's easy to reduce the temperature of a room that's uncomfortably hot by turning off the heating and opening a window. The main downside to setting your thermostat too high in the winter is the increased use of energy; whether that be gas, electricity, wood, or another fuel source. Using more energy than we need is not only costly in terms of increased energy bills, but it has grave environmental impacts too. Overusing energy will lead to an increased carbon footprint, more greenhouse gas emissions, air pollution, faster climate change, and ultimately, more extreme weather events. If your solution to a home that's too warm in the winter is to open windows, then you are quite literally wasting energy. It's always better to turn down the heating or refrain from turning it up so high in the first place. In areas with heavy population densities, the price you pay for home energy is driven by supply and lead to higher costs for everyone. This is particularly unfair on people in fuel poverty who may regularly have to choose between heating and eating during the winter months. If you spend long periods of time in a room that's below 65°F (18°C) without sufficient extra clothing or blankets, negative health effects may occur. Prolonged exposure to cold temperatures can cause increases in blood pressure and an increased risk of blood clots which can lead to strokes and heart attacks. Cold weather also includes the risk of respiratory illnesses such as colds, flu, and acute bronchitis. In the UK, doctors' consultations for respiratory illness in older people increase by as much as 19% for every degree the outdoor temperature drops below 5°C. [Source] The people most at risk of being in a home that's too cold in the winter are those over the age of 65, babies under a year old, and people tend to move around less and so require more heating to maintain their body temperatures. If you struggle to pay your energy bills, then heating your home can be a source of great concern. But you're certainly not alone. In 2015, the US Energy Information Administration (EIA) estimated that 17 million households received an energy disconnect/delivery stop notice and 25 million households had to forgo food and medicine to pay energy bills. Those on low incomes, living in colder climates, who rent their homes are most likely to be 'energy poor'. While in countries such as the UK, there are national strategies to help people who cannot afford to heat their homes, the United States does not currently have any federal statutes to measure and respond to energy poverty. Therefore, it is down to each adult to come up with their own strategies to make heating more affordable. Some of the easiest ways to heat your home on a budget include: Investing in an energy-efficient space heater to only heat the room you're usingOpening curtains in the daytime and closing them at nightUse a timer to turn on your heating 30 minutes before you get up at a low temperatureMove furniture away from wall registers or radiatorsNever setting your thermostat to more than 65°F (18°C)Turn hour heating down to 60°F (15°C) at nightWear more clothes and using a blanket when sitting down Suggested read: Which Type Of Heater Is The Cheapest To Run? When your home is empty, it makes sense that it can be colder than it would be when it's occupied. Whether your home is empty for eight to ten hours while you're at work in the day, for a week or two while you go on vacation, or even for the whole winter if it's a rental property then you should think about the ideal temperature to leave an empty house in the winter, you'll need to consider what's in the house... Houses with pets shouldn't be below 64°F (13°C) to surviveTo prevent pipes from freezing the temperatures of at least 55°F (13°C) to surviveTo prevent pipes from freezing the temperature should be at least 55°F (13°C) to surviveTo prevent pipes from freezing the temperature should be at least 55°F (13°C) to surviveTo prevent pipes from freezing the temperature should be at least 55°F (13°C) to surviveTo prevent pipes from freezing the temperatures of at least 60°F (10°C) as this is likely to cause water pipes to freeze and crack. The best temperature to set your thermostat when you go on vacation is 55°F (13°C). You shouldn't leave an empty house unheated in the winter as this can cause serious damage that can be costly to repair. Heating your empty home will cost money, but this will always be cheaper than repairing cracked pipes or flood damage. If it's not possible to heat a house, perhaps because it is undergoing a renovation, then you can take the following steps to help prevent pipes and, if possible, use an indoor valve to shut off and drain water from outdoor pipesLet a drip of water continuously run out of each tapOpen cabinet doors to allow heat to get to uninsulated pipes near exterior walls Is 75 too high for heat in winter? 75°F is at the top end of the range of comfortable temperatures for your home in winter. If you're wearing a sweater, you may find that this is too warm. Is 74 too hot for a house in winter? Many people find 74°F to be too warm for a house in winter, particularly if wearing sweaters and slippers. While it's okay to have your thermostat set to 74°F in the daytime, you can save money on your energy bills by nudging it down to the recommended 68°F. Why does my house feel cold at 73? Just because your thermostat is set to 73, that doesn't mean that your home is actually 73°F. Some rooms may be colder, particularly if you have drafts that let cold air leak inside or if your heating system is in need of maintenance. Is 72 a good temperature for heat in the winter? While some people like to heat their homes to 72°F in the winter, for most people this is a little too high. By setting your thermostat to the average of 68°F and adding an extra layer of clothing you could reduce your energy bills and help the environment. Is 70 too high for a thermostat in the winter? 70 is a reasonable setting for a thermostat in the winter? save you around 6% on your heating bills without the difference in temperature being noticeable. Is 68 degrees cold in a house? 68°F is the ideal indoor temperature for a house? 68°F is the ideal indoor temperature for a house? house? 67°F isn't too cold for a house. In fact, the average room temperature is 64-75°F in the daytime and 60-68°F at night. If you feel cold you could add more clothing, use a blanket or invest in a small electric heater. Is 65 degrees cold for a house? 65°F is a little colder than average for a house in the daytime, but this temperature falls within the acceptable range for healthy adults and children. Babies, the elderly, and sick people will prefer the temperature to be closer to 68°F. Is 62 too cold for a house in the daytime, although this temperature is perfectly acceptable at night when you're asleep. Heating your home to at least 64°F in the daytime can prevent health problems such as high blood pressure and respiratory illnesses. Maintaining the right indoor temperature is crucial not just for comfort but also for health, energy efficiency, and overall well-being. The ideal temperature is crucial not just for comfort but also for health. what exactly is the average house temperature you should aim for? And how should you adjust it during different times and situations? This blog will answer these common guestions and more, helping you keep your home comfortable and efficient year-round. The average house temperature generally falls between 68°F and 72°F (20°C to 22°C) during the day when people are at home. This range is often considered the sweet spot for comfort. However, this can vary depending on personal preferences, the type of home, and the climate. For instance, people in warmer climates may prefer a lower temperature, while those in colder regions might keep it slightly higher. Maintaining this temperature range can help create a cozy environment that feels neither too hot nor too cold, contributing to overall comfort and well-being. When winter rolls around, keeping your home warm without overspending on heating can be challenging, especially when trying to avoid that burning smell when you first turn on your heater. During the day, it's recommended to set your thermostat between 68°F and 70°F (20°C to 21°C) when you are at home and awake. At night or when you're away, lowering the temperature by 7-10 degrees can save energy and reduce your heating bill by up to 10%. Leaving your home vacant during the temperature by 7-10 degrees can save energy and reduce your heating bill by up to 10%. pipes. The ideal temperature to set your thermostat to while you're away is around 55°F (13°C). This setting is low enough to save energy yet high enough to save energy yet high enough to keep your pipes from freezing. This is a common concern, and keeping it at 55°F strikes a balance between energy efficiency and home safety. is an important question, especially if you're trying to save on heating costs. While everyone has different comfort levels, most experts agree that indoor temperatures should not drop below 60°F (15°C). Temperatures lower than this can start to feel uncomfortably cold and may pose health risks, particularly for the elderly, infants, or those with health conditions. Keeping your home warmer than 65°F (18°C) is generally recommended to avoid these issues and ensure a comfortable living environment. On the flip side, "How hot is too hot inside a house?" is equally important to consider. An indoor temperature above 80°F (27°C) can be uncomfortable and may even pose health risks, especially for vulnerable populations like children, the elderly, or those with chronic illnesses. Prolonged exposure to high temperatures can lead to dehydration, heat exhaustion, or even heat stroke. Ideally, you should aim to keep your home between 74°F and 78°F (23°C to 25°C) during the warmer months, using fans or air conditioning to manage the heat effectively. When it comes to a newborn, maintaining a stable and comfortable indoor temperature is crucial. The optimal temperature for a baby's room is between 68°F and 72°F (20°C to 22°C). This range ensures that the baby is comfortable without being too hot or too cold, which can reduce the risk of Sudden Infant Death Syndrome (SIDS). What to keep the temperature when having a newborn is a critical question for new parents, and staying within this temperature range is key to keeping your baby safe and comfortable. If you're out of the house for most of the day, it's a good idea to adjust your thermostat to save on heating or cooling costs but high enough that your home won't be uncomfortable when you return. Setting the thermostat within this range can help reduce your energy bills, the temperature you keep your house at can make a significant difference. According to the U.S. Department of Energy, you can achieve the best savings by setting your thermostat to 68°F (20°C) during the day when you are at home and awake. During the thermostat by 7-10 degrees for at least 8 hours a day can save up to 10% a year on heating and cooling costs. This is a common question particularly in households where people have varying comfort levels. For many, 67°F (19°C) might feel slightly cool, but it's still within the acceptable range for indoor comfort. If you find this temperature too cold, consider increasing it by a degree or two to find the perfect balance between comfort. If you find this temperature too cold, consider increasing it by a degree or two to find the perfect balance between comfort. months. A house temperature of 80°F (27°C) can feel uncomfortable, particularly if you're engaged in physical activities or trying to sleep. High indoor temperatures can also be detrimental to health, especially for those who are sensitive to heat. To avoid discomfort and potential health risks, it's best to keep your home's temperature below 78°F, using fans or air conditioning as needed. Depending largely on local regulations and climate conditions. In many areas, landlords are required to provide heat during the colder months, typically from mid-spring, until outdoor temperatures consistently remain above 55°F (13°C). However, the exact dates can vary, so it's always best to check with your landlord or property management company to understand when the heat might be turned off in your comfort, health, and energy savings. Whether you're looking to keep your home cozy in the winter, or cool in the summer we're here to help. Our expert HVAC services ensure that your system runs efficiently year-round, providing you with peace of mind and savings on your energy bills. Don't let fluctuating temperatures disrupt your comfort—contact Climate for your home together! Get Started Now Whether it's sweltering outside or freezing cold, your thermostat helps keep things just right indoors. Finding the recommended thermostat settings for summer and winter can help you stay cozy when it's chilly, cool during heatwaves, and avoid unnecessary strain on your HVAC system. It can also make a big difference in your monthly energy bills. To help you strike the right balance between comfort and efficiency, we asked two heating and cooling experts to share their ideal temperature guidelines—plus smart strategies for managing humidity, saving energy, and adjusting settings throughout the day. When the heat of summer kicks in and your home's air conditioning kicks on you likely make a mad dash to the thermostat to keep comfortable. According to Michael Lopes, the Operations Manager at Reliance Home Comfort, make sure you're not tweaking that dial too much on your hunt for cooler air—and, ultimately, you don't have to. The perfect summer temperature for your home is roughly 70 degrees Fahrenheit. "This cooler air—and, ultimately, you don't have to. The perfect summer temperature for your home is roughly 70 degrees Fahrenheit." is a comfortable temperature for most people, but many things can influence how that feels," he says—after all, a humid 70 degrees feels a lot different than a dry 70 degrees. That being said, as outdoor conditions change—and with warmer summers and record-breaking heatwaves, they are bound to change—you may find yourself adjusting your thermostat to keep you and your family comfortable, which taxes your HVAC unit. "As the outdoor temperature increases, your air conditioning. "One of the main jobs of your AC unit is to remove excess moisture from the air, so when there is added humidity, it can be more difficult for the unit to run as efficiently." In short, while 70 may be perfect in drier climes, as soon as that dew-point starts to track upwards, you may need to adjust your thermostat to compensate. On the flip side of the dial is winter, which requires us to bump on our heating units. Fournier, however, advises customers to keep their thermostats set on the lower side. "During the winter months, I'd suggest keeping your heating system set at around 68 to 70 degrees," she says. "This may seem a bit low, but it is ideal to avoid overworking the system to heat the house. If you raise the temperature too much, your unit will struggle to stay at this higher temperature while competing with the cold weather outside, causing unnecessary strain on your HVAC." Bump the heat too high, and Fournier says you may also find yourself dealing with another uncomfortable winter problem: higher temperature while competing with the information of the content of the extremely warm temperatures, which can be a big mistake," she says. "Keep your unit set around 65 degrees or so. If you're a bit cold, bundle up—it's much more cost and energy efficient to sleep with multiple blankets than to lead your unit set around 65 degrees or so. 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A recent report from Energy Star, which is affiliated with the US Environmental Protection Agency and the US Department of Energy, affirms this; the company recommends settings that go well beyond 70 degrees is the ideal eco-friendly thermostat setpoint—a number that creeps up to 82 degrees overnight (and 85 degrees if you're not at home!). 16th December 2022 To keep costs down, it's tempting to use the heating less or set it to a lower temperature. And while turning down the ideal temperature for vulnerable people, like newborn babies and those who are older. What do the independent experts say's The Energy Saving Trust recommends heating your home to between 18 to 21 degrees celsius during winter. And The World Health Organisation (WHO) suggests 18 degrees is the ideal temperature for healthy and well-dressed people. the age and health of your household. The WHO suggests 20 degrees as the ideal temperature for the old, young or unwell. 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With your home retaining more heat gained during the day, you can rely less on your central heating. Opening your windows may be a great way to let fresh air into your home. But if your heating is on, your home will never reach the desired temperature because heat will escape through the window, which is a waste of money. By pairing a Hive Window Sensor with your Hive Thermostat, you can create a smart home that automatically turns the heating off when it detects a window being opened. During summer you may be tempted to open your windows to cool down your house. Or to improve your sleep at night. But if it's a particularly hot summer, warm air from outside may make your room more uncomfortable. Get smart with your heating The Hive Thermostat gives you total control of your heating so that you can manage it from anywhere. It could save you up to £311 a year on your energy bills by never heating an empty home. Add in Hive Heating an empty home. Add in Hive Heating Plus to get personalised tips, set budgets and track your spend in pounds and pence - and save an extra £26 a month during winter. Find out more at Hive. Back to the Source Discover your perfect thermostat settings with Arlo. 16th December 2022 To keep costs down, it's tempting to use the heating less or set it to a lower temperature for vulnerable people, like newborn babies and those who are older. What do the independent experts say? The Energy Saving Trust recommends heating your home to between 18 to 21 degrees celsius during winter. And The World Health Organisation (WHO) suggests 18 degrees is the ideal temperature for healthy and well-dressed people. Both agree this is also the ideal temperature for sleeping. In practice, you should be heating your home based on the age and health of your household. The WHO suggests 20 degrees as the ideal temperature for the old, young or unwell. 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But if your heating is on, your home will never reach the desired temperature because heat will escape through the window, which is a waste of money. By pairing a Hive Window Sensor with your Hive Thermostat, you can create a smart home that automatically turns the heating off when it detects a window being opened. During summer you may be tempted to open your windows to cool down your house. Or to improve your sleep at night. But if it's a particularly hot summer, warm air from outside may make your room more uncomfortable. Get smart with your heating The Hive Thermostat gives you total control of your heating so that you can manage it from anywhere. It could save you up to £311 a year on your energy bills by never heating an empty home. Add in Hive Heating Plus to get personalised tips, set budgets and track your spend in pounds and pence – and save an Back to the Source Determining the best temperature for your house isn't a one-size-fits-all task. Instead, it should be based on a variety of factors. While budget concerns and energy consumption are definite considerations, your climate, home's insulation, and personal comfort all come into play. Brad Roberson, president of Aire Serv, a Neighborly company, says maximizing your thermostat's functionality can create a more comfortable environment, reduce energy consumption, and lower bills. "Additionally, you can monitor your system's performance and receive maintenance alerts, contributing to its longevity and efficiency," says Roberson. "Integrating your thermostat with other smart home devices can enhance overall home automation and convenience, making your life easier and more connected." Here's how to make the most of your thermostat, wherever you live. Credit: Getty Images / Grace Cary Brad Roberson is president of Aire Serv, a Neighborly company, that provides HVAC services to residential and commercial clients. The set-it-and-forget-it mentality has no place when it comes to your thermostat, according to Roberson. Keeping an eye on your thermostat is crucial to staying on top of your HVAC knowledge and maximizing your energy and cost savings. "Understanding how to program your thermostat for different times of the day or week allows you to create heating and cooling schedules that align with your daily routine, ensuring comfort when needed and energy savings when not," he explains. If you have a smart thermostat, you can use its insights into your daily routine to maximize energy consumption and maintain a comfortable living environment. When things heat up during the summer, your HVAC system might work around the clock to keep your house cool even when you're not in it. Alternatively, turning your system off completely can create a balmy environment that is no good for your home in general and could have your AC working overtime (which could be dangerous to its health) to cool things down when you switch it back on. Summer Thermostat Settings: "During the summer, aim for a thermostat setting of around 78°F when you're not at home," Roberson suggests. "If you have a programmable thermostat, set the temperature lower to a comfortable level before heading home." This way, you can balance your comfort with cost savings. Winter Thermostat Settings: In winter, a temperature of 68°F is typically comfortable enough for when you're home. During the evening, if you're away or when you're snuggled up in bed, lower the temperature to save on heat costs. "These settings can vary based on personal preference and the climate in your region," says Roberson. "However, optimizing your thermostat settings according to your daily schedule and comfort needs can lead to energy savings." Maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) as maximizing your sleep is just as important (or perhaps more so) a savs Roberson. The ideal temperature needs to fluctuate based on the season and outdoor temperature. Daytime: Roberson suggests setting the thermostat around 78°F when you'll be out of the house for the day. "This provides a balance between comfort and energy savings," says Roberson. If needed, you can kick it down a couple of degrees when you're home.Nighttime: During the overnight hours, Roberson suggests setting the thermostat around 72°F-75°F. Daytime: A temperature of 68°F is generally comfortable enough for a daytime setting during the cold winter months. Alternate forms of heat can help you lower that temperature for an additional cost and energy savings Nighttime: "Lower the thermostat setting by a few degrees during the night, ideally around 62°F-65°F," suggests Roberson. To ensure you're nice and toasty, call on extra blankets and warm PJs before you kick up the thermostat. "When traveling, it's a good practice to adjust your HVAC settings to save energy and maintain a comfortable yet efficient environment in your home," says Roberson. While adjustments are necessary, they vary by season. Set your thermostat to a temperature of around 82°F when you're traveling during the summer. "This prevents your cooling system from running unnecessarily but still keeps the indoor temperature from rising to extreme levels," says Roberson. A consideration during the winter is maintaining enough warmth to keep your pipes from freezing. "Around 55°F-60°F is a reasonable range," says Roberson. "This allows your heating system to run less frequently while protecting your home from extreme cold." It's important to remember that the settings that are best for your travel routine will vary based on your comfort levels, and cost and energy savings goals. "These recommendations aim to balance energy savings with preventing extreme indoor temperature fluctuations," says Roberson. Proper HVAC maintenance includes filter and vent upkeep, ensuring both are clean and unobstructed. You also want to make sure your home is outfitted with adequate insulation. "In winter, your heating system should be in top shape, and drafty areas sealed to prevent heat loss," Roberson says. "Regular HVAC maintenance is crucial for efficiency in [all] seasons." While there's a certain level of maintenance you can take up on your own, such as replacing AC filters and cleaning air registers, hiring an HVAC professional for annual maintenance and consulting with the pros on your ideal temperature settings for your will be a little bit different than what's best for the environment—and your HVAC bills! To reduce your energy usage commit to a slightly warmer thermostat setting in the summer and a slightly cooler one in the winter. This means you'll want to dress a little differently around the house to remain comfortable. So before you head to the thermostat to raise the furnace temperature, put on a sweater. 16th December 2022 To keep costs down, it's tempting to use the heating less or set it to a lower temperature. And while turning down the thermostat might save on your energy bills, it's also important to know the ideal temperature for vulnerable people, like newborn babies and those who are older. What do the independent experts say? The Energy Saving Trust recommends heating your home to between 18 to 21 degrees celsius during winter. And The World Health Organisation (WHO) suggests 18 degrees is the ideal temperature for healthy and well-dressed people. Both agree this is also the ideal temperature for sleeping. In practice, you should be heating your home based on the age and health of your household. The WHO suggests 20 degrees as the ideal temperature for the old, young or unwell. For healthy adults, you should heat your home to a room temperature? According to lullabytrust.org.uk, it's vital a newborn's room is neither too hot or cold. This is because the risk of SIDS (sudden infant death syndrome) is higher for babies feeling too hot. They recommend heating the room of a newborn to 16 to 20 degrees. What temperature is ideal for older people? For vulnerable people? For vulnerable people? For vulnerable people? For vulnerable people? temperature of nine to twelve degrees or above 24 degrees increases the risk of strokes and heart attacks Age UK recommend that older people heat their main living areas to a steady and comfortable temperature, usually around 18 degrees. This should be comfortable for areas like the living room and bedroom. Radiators in other rooms that aren' being used can be switched off or down to save on energy costs. Should you heat your home when on holiday? Only leave your heating on during a holiday if there's a possibility of freezing. Otherwise, you could return home to a flooded house and costly repair. But there's no need to leave it on if you have the Hive Thermostat. Its in-built Frost Protection kicks in when the temperature drops below 7°C to switch your boiler on and prevent your pipes from freezing. Most modern boilers also have a similar feature, so they're protected when it gets really cold. If you don't, then set your thermostat at least 5°C to get the same sort of protection. In summer, it makes sense to switch off your boilers also have a similar feature, so they're protected when it gets really cold. If you don't, then set your thermostat at least 5°C to get the same sort of protection. heating while you're away. The only exceptions to this are if you: Have pets in the home while you're away for an extended period and want to minimise the risk of mould or mildew building up Should you heat your home in the summer? There's no need to heat your home in the summer? feel uncomfortable, you can turn the thermostat up a notch or two. That said, a better solution might be to improve the insulation of your home. With your home retaining more heat gained during the day, you can rely less on your central heating. Should you open windows to circulate air? your home. But if your heating is on, your home will never reach the desired temperature because heat will escape through the window, which is a waste of money. By pairing a Hive Window Sensor with your Hive Thermostat, you can create a smart home that automatically turns the heating off when it detects a window being opened. During summer will never reach the desired temperature because heat will escape through the window. you may be tempted to open your windows to cool down your house. Or to improve your sleep at night. But if it's a particularly hot summer, warm air from outside may make your room more uncomfortable. Get smart with your heating the Hive Thermostat gives you total control of your heating so that you can manage it from anywhere. It could save you up to £311 a year on your energy bills by never heating an empty home. Add in Hive Heating Plus to get personalised tips, set budgets and track your spend in pounds and pence - and save an extra £26 a month during winter. Find out more at Hive. or set it to a lower temperature. And while turning down the thermostat might save on your energy bills, it's also important to know the ideal temperature for vulnerable people, like newborn babies and those who are older. What do the independent experts say? The Energy Saving Trust recommends heating your home to between 18 to 21 degrees celsius during winter. And The World Health Organisation (WHO) suggests 18 degrees is the ideal temperature for healthy and well-dressed people. Both agree this is also the ideal temperature for sleeping. 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Radiators in other rooms that aren't being used can be switched off or down to save on energy costs. Should you heat your home when on holiday? Only leave your heating on during a holiday if there's a possibility of freezing. Otherwise, you could return home to a flooded house and costly repair. But there's no need to leave it on if you have the Hive Thermostat. Its in-built Frost Protection kicks in when the temperature drops below 7°C to switch your boiler on and prevent your pipes from freezing. Most modern boilers also have a similar feature, so they're protected when it gets really cold. If you don't, then set your thermostat at least 5°C to get the same sort of protection. In summer, it makes sense to switch off your heating while you're away. The only exceptions to this are if you: Have pets in the home while you're away for an extended period and want to minimise the risk of mould or mildew building up Should you heat your home in the summer? There's no need to heat your home during daylight hours. But if the temperature drops at night and you feel uncomfortable, you can turn the thermostat up a notch or two. That said, a better solution might be to improve the insulation of your home. But if your heating is on, your home will never reach the desired temperature because heat will escape through the window, which is a waste of money. By pairing a Hive Window Sensor with your Hive Thermostat, you can create a smart home that automatically turns the heating off when it detects a window being opened. During summer you may be tempted to open your windows to cool down your house. Or to improve your sleep at night. But if it's a particularly hot summer, warm air from outside may make you total control of your heating so that you can manage it from anywhere. It could save you up to £311 a year on your energy bills by never heating an empty home. Add in Hive Heating Plus to get personalised tips, set budgets and track your spend in pounds and pence - and save an extra £26 a month during winter. Find out more at Hive. Back to the Source A cozy home is a happy home. But what exactly is the normal house temperature for comfort, health, and energy efficiency? Turns out, the right indoor temperature depends on a few key factors—who's living there, what season it is, and how your home is built. Let's break it down. The normal house temperature typically falls between 68 and 72 degrees Fahrenheit (20 to 22 degrees Celsius). This range is considered comfortable for most people, balancing warmth and coolness without cranking up energy bills. But normal doesn't mean one-size-fits-all. Babies, pets, and even different seasons all play a role in determining the ideal thermostat setting. EnvironmentRecommended Temperature64-72°F (18-22°C)Summer baby room temp~70°F (21°C)Rooms for infants under 6 monthsAt least 59°F (15°C) Newborns and infants can't regulate body temperature as well as adults. That's too hot increases the risk of overheating, while a chilly room can disrupt sleep. For extra peace of mind, a baby monitor with temperature alerts can help you ensure your little one's comfort at all times. Pet TypeIdeal Temperature RangeShort-haired dogs78-80°F (25.5-26.8°C)Most dogs in winter68-72°F (20-22.2°C)Cats70-88°F (21-31°C) Dogs and cats handle temperatures differently. Furry felines love warmth, while certain dog breeds, especially short-haired ones, prefer cozier conditions. If your pet stays home alone, consider a pet camera to monitor your pet's comfort while you're away. The U.S. Department of Energy recommends keeping the thermostat at 78°F (25.5°C) to stay cool without overloading your AC. Use ceiling fans, blackout curtains, and energy-efficient windows to help maintain a pleasant indoor climate. The ideal setting for winter is 68°F (18°C), according to the World Health Organization. If that feels too cold, layering clothes and using warm blankets can help while keeping heating costs down. The normal house temperature isn't just about what the thermostat says—it's also about how well your home retains heat or cool air. In this section we will look at the most important factors that affect room temperature: Ventilation is essential as it contributes to efficient cooling in hot summers. Weather sealing prevents unwanted heat loss in winter. cooling effect in summer but put a strain on the heating system of the house in winter. Leaky or improperly sized air ducts or ductwork also negatively affect room temperature and heating bills. Insulation materials must be strong enough to keep out cold air in summer and heat in winter. The orientation of the house relative to the sun affects the room temperature. Allow for variations in room temperature depending on the movement of the sun during the day. Yes! Smart thermostats can cut heating and cooling costs by up to 8%, according to the EPA. They adjust automatically based on your schedule, so you're not wasting energy when no one's home. Not entirely. While lowering the temperature helps save energy, turning it off completely can lead to mold or excessive humidity. Instead: In summer, set it a few degrees higher when away. In winter, lower it slightly but keep it above 60°F (16°C) to avoid freezing pipes. Is 23 degrees too hot for a house? No, 23 degrees Celsius (73.4°F) is generally not too hot for a house—it's within a comfortable range for most people. However, some may find it warm, especially for sleeping, and prefer a slightly cooler temperature. Is 20 degrees warm enough in a house? Yes, 20 degrees warm enough in a house? Yes, 20 degrees warm enough for a house and is considered a comfortable indoor temperature for most people. However, some may prefer a slightly warmer setting, especially in winter. Is 18 C too cold for a house? 18°C (64.4°F) is on the cooler side but still considered acceptable for most people. However, it may feel too cold for a house? 18°C (64.4°F) is on the cooler side but still considered acceptable for most people. house? 24°C (75.2°F) is slightly warm but not necessarily too hot for a house. Some people find it comfortable, while others may prefer a cooler setting, especially for sleeping. While the normal house temperature hovers between 68 and 72°F, the perfect setting depends on who's at home and what season it is. The overall construction of the house, including insulation and orientation, significantly affects the ambient temperature in the room. Installing smart thermostats is a logical solution for convenient control, but building modifications and changes have a greater impact on how warm or cold the house is.

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