

Comfortable indoor conditions

Staying indoors most of the day (up to 95%), comfortable indoor conditions are important not only for our well-being, but also for health. Most often we hear complaints that indoor temperature is not appropriate and that the air in rooms is either too wet or too dry air.

Temperature

Of course, each of us has its own indoor comfort temperature. It largely depends on the season - in winter we want the space to be warmer while in summer - cooler. Not less important is the type of a room, for example, temperature in a kitchen may be a few degrees lower than in the bathroom.

The table below shows temperatures recommended for different residential rooms to feel comfortable and not to forget about energy saving.

Comfortable indoor temperature	
Living room	20 – 21 °C
Kitchen	19 – 21 °C
Sleeping room	17 – 18 °C
Bathroom	20 – 22 °C
Toilet	18 – 19 °C
Entrance hall	15 – 17 °C

It should be remembered - as more you heat the space, as more you will pay for the heat consumed. It is estimated that each additional degree of heat increase the costs by approximately 5%. Moreover, when the indoor air becomes warmer, it gets also drier.

To ensure a comfortable temperature separately in each room, radiators shall be equipped with thermostatic valves. At night and when you are not present for a long time, the temperature can be lowered a bit, thus saving heat energy.

Relative humidity

Indoor air can accumulate water vapour. Its amount depends on a room temperature.

To find out how humid the air is in your home, a hygrometer is needed. This device measures the percentage of water vapour in the air.

The optimum relative humidity of air ranges from 40% to 60%.

If there is a sustained high level of moisture in the rooms, environment favourable for a variety of microorganisms such as mould is created. In contrast, too low humidity can adversely affect the dwellers, causing for example, feeling of draught and irritation of eyes.

If in winter you feel that the air in a room is too humid, you can open windows widely for about two or three minutes. Thus you will get rid of the excess amount of moisture and will also ensure the necessary air exchange in the room, which is of the same importance for comfortable indoor conditions.

