

# Fact sheet on correct heating and ventilation

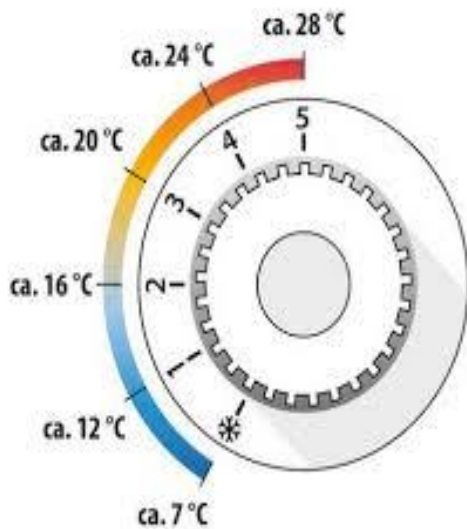


Energy costs for heating are taking up an increasingly large proportion of utility costs. High heating costs can have various causes:

Incorrect behavior can cause above-average energy consumption. Incorrect saving can sometimes make matters even worse: mold problems can occur with consequences for health and the fabric of the building.

**What does “correct” heating and ventilation mean? Please follow a few basic tips:**

## Moderate but even heating



Adjust the temperature in living rooms to as close to 20 degrees as possible. This often corresponds to the “3” setting on thermostatic valves. Remember: 1 degree more means around 6% more heating energy consumption!

The walls should be sufficiently warm and not radiate cold. Therefore, only reduce the heating at night, but do not turn it off completely. Or there is an automatic night setback, in which case there is no need to change the thermostatic valves!



**Do not hang up radiators!**

Curtains or screens in front of radiators reduce heat radiation in the rooms and increase the heating bill. Concealed valves cannot regulate properly

**Check humidity**

The humidity in living rooms should not exceed 60 percent, otherwise there is a risk of mold in corners and behind cupboards. Excessive humidity can be caused by plants, aquariums, cooking fumes, shower fumes or drying laundry. Therefore, if possible, do not dry laundry in bedrooms or living rooms; use suitable drying rooms in the house.

**Ventilation duration**










It is best to open the windows wide open for three to five minutes several times a day. During the heating period


But turn down the heating at the same time. As soon as the room air is cold: close the windows again! The warm, humid indoor air is then replaced by dry, cold outdoor air without the furniture and walls cooling down.

**Do not “co-heat” rooms**



Keep doors closed, especially to the bedroom, so that warm air from the bathroom or kitchen does not enter the colder bedroom and condense on the outside walls. Mold can form unnoticed, especially behind large closets.

Room type	Ideal temperature
 Hallways and Corridors	15°C - 18°C
 Bedroom	16°C - 19°C
 Children's Bedroom	16°C - 20°C
 Kitchen	18°C - 20°C
 Living Room	20°C - 22°C
 Office Room	20°C - 22°C
 Bathroom	20°C - 22°C

 [GreenMatch.co.uk/blog/ideal-room-temperature](https://GreenMatch.co.uk/blog/ideal-room-temperature)

### Temperature in the bedroom

Bedrooms can stay cool. For a good night's sleep, 16 degrees is enough. When the door is closed, the thermostat valve on the radiator should be set accordingly to prevent the room from cooling down. If it is not possible to ventilate during the day,

the window in the cool bedroom can exceptionally be left tilted at night (then also turn off the radiator at night).

### Keep furniture away from cold exterior walls



If the wall surface temperature is more than 5° colder than the indoor temperature, mold may already be forming on the wall if the room humidity is high. Try this out in various places with a thermometer. Temperatures are particularly low behind cupboards or couch sets placed directly against the outside wall. Therefore, move furniture at least 5-10 cm away from the wall. For large cupboards, ensure that there are air gaps above and below the cupboard to allow circulation. (e.g. feet instead of plinths).

*Tenants must therefore behave correctly depending on the weather and building situation so as not to cause excessive heating costs or risk damage to health. After a move, for example, it may be necessary to change heating behavior to prevent high consumption or even mold growth in the apartment.*