

Heating and Cooling

June 23, 2025

10:30 AM

Location: 4224 Cox Rd, Glen Allen, VA 23060 - Virginia Housing Center

AGENDA

- 1) Welcome
- 2) Introductions
- 3) Overview of VA Code Development Process
- 4) Background
- 5) Discussion
 - Code Change Proposal PM602.2-24
- 6) Assignments and Next Steps
- 7) Next Meeting

PM602.2-24

VPMC: 602.2, 602.4

Proponents: Honore Tchou, representing Myself and fellow tenants (hwt2@georgetown.edu)

2021 Virginia Property Maintenance Code

Revise as follows:

602.2 Heat Heating and cooling supply. Every owner and operator of a Group R-2 apartment *building* or other residential *building* who rents, leases, or lets one or more *dwelling unit*, rooming unit, dormitory, or guestroom on terms, either expressed or implied, to furnish heat heating or cooling to the *occupants* thereof shall supply heat during the period from October 15 to May 1 to heating or cooling to maintain a temperature of not less than 68°F (20°C) 65°F (18°C) and no more than 75°F (24°C) in all habitable rooms, bathrooms, and toilet rooms. ~~The code official may also consider modifications as provided in Section 104.5.2 when requested for unusual circumstances or may issue notice approving building owners to convert shared heating and cooling piping HVAC systems 14 calendar days before or after the established dates when extended periods of unusual temperatures merit modifying these dates.~~ Exception rooms throughout the year.

Exception: When the outdoor temperature is higher than the summer design temperature or below the winter outdoor design temperature for the locality, maintenance of the minimum room temperature shall not be required provided ~~that the heating or cooling~~ system is operating at its full design capacity. The winter outdoor design temperature for the locality shall be as indicated in Appendix D of the IPC. The summer design temperature for the locality shall be as indicated in the IECC.

Delete without substitution:

602.4 Cooling supply. ~~Every owner and operator of a Group R-2 apartment building who rents, leases, or lets one or more dwelling units, rooming units, or guestrooms on terms, either expressed or implied, to furnish cooling to the occupants thereof shall supply cooling during the period from May 15 to October 1 to maintain a temperature of not more than 77°F (25°F) in all habitable rooms. The code official may also consider modifications as provided in Section 104.5.2 when requested for unusual circumstances or may issue notice approving building owners to convert shared heating and cooling piping HVAC systems 14 calendar days before or after the established dates when extended periods of unusual temperatures merit modifying these dates.~~

Exceptions: ~~When the outdoor temperature is higher than the summer design temperature for the locality, maintenance of the room temperature shall not be required provided that the cooling system is operating at its full design capacity. The summer outdoor design temperature for the locality shall be as indicated in the IECC.~~

Reason Statement:

The reasoning for this proposal is three fold: (1) reduce ambiguities and misunderstandings in interpreting the current code, (2) align heating and cooling requirements to new realities of today's climate change, and (3) apply new scientific evidence that show the positive affects of cooler temperatures inside homes for tenant health and overall energy cost savings.

1. The proposal seeks to integrate and streamline the heating (602.2) and cooling code (602.4) while doing away with set dates to clarify and simplify the code. As currently written the code establishes two variables that create confusion for building operators and tenants. To illustrate, the heating code says, "... shall supply heat during the period from October 15 to May 1 to maintain a temperature of not less than 68F (20C) ..." This sentence creates confusion because there are two variables at play that can be at cross purposes with each other. Readers may also cherry pick the variable out of fear of being in non-compliance. For example, imagine it is April 10, and the temperature inside the building is 82F (exceedingly hot and uncomfortable). The operator may interpret the code to say that they must keep the heat on from October 15 to May 1 regardless of how hot it may be inside the building for tenants. Surely it cannot be the intention of the code to create a possible situation where operators keep running the heat regardless of whether their tenants could faint out of heat and exhaustion? And yet this is, in fact, happening in my very building where the operator refuses to turn off the heating system in April despite the temperatures being extremely elevated inside the building (see attachment - the inside of the building reached 82 while it was 74 degrees outside due to the continued use of the heating system). In addition, it is quite arbitrary that the heating system would be maintained all through April 30 at which point, at the stroke of midnight, the AC would be turned on as if the

weather transformed from winter cold to summer hot within one night. Finally, another reading of the sentence could argue that the dates should not be read as the operative part of the intent of the code in so far as it is the temperature inside the building that matters (whether it is achieved through heating, cooling, or other). If so, why not remove the dates? As such, the proposal recommends integrating the heat and cooling code and simplifying and clarifying the code by removing the dates and focusing on one variable -- the temperature range.

2. Recent weather patterns are becoming more erratic and seasons no longer adhere to traditional timetables. The current code handcuffs building operators with set dates that are no longer reflective of today's climate change. For example, the heating code says that heat must be maintained until May 1. However, as seen recently the weather turned excessively warm starting in early April, reaching over 80 degrees for many days. Yet heating continued to be deployed leading to a tremendous waste of money and gas, while making tenants uncomfortable and increasing the carbon footprint. As such, the proposal (in line with rationale 1) recommends removing the set dates to provide flexibility for operators to use either heating, cooling, or no system to maintain a general temperature range within the building of 65-75 degrees.

3. Recent scientific evidence shows that excessive heat particular at night while sleeping can be detrimental to health. See the attached files, "The Best Temperature for Sleep" and "How Your Home Temperature Can Affect Your Health." As such, this proposal recommends lowering the minimum floor to 65F degrees and the maximum ceiling to 75F for more positive health effects for tenants while also saving costs in heating bills.

If accepted, the proposal will provide flexibility for building operators to stop blindly following preset dates and be more responsive to tenants and their comfort and health based on weather forecasts and changing patterns. A plausible outcome for a building operator could be that during the winter months an operator would turn on the heating system; during shoulder season, the operator would turn off the heating system; and during the summer months turn on the cooling system, as long as the temperature range is achieved. This way year to year variations can be taken into account by an increasingly empowered building operator freed from a preset timetable.

Cost Impact: The code change proposal will decrease the cost

I do not have statistics to back this up, but common sense would say that heating and cooling bills should go down as building operators are more empowered to turn off the heating or cooling system when it is no longer desirable.

Attached Files

- **Attachment - Excessive Heat.pdf**
<https://va.cdpaccess.com/proposal/1272/1849/files/download/923/>
- **Turn off boilers.pdf**
<https://va.cdpaccess.com/proposal/1272/1849/files/download/922/>
- **The Best Temperature for Sleep.pdf**
<https://va.cdpaccess.com/proposal/1272/1849/files/download/920/>
- **How Your Home Temperature Can Affect Your Health.pdf**
<https://va.cdpaccess.com/proposal/1272/1849/files/download/919/>

From: Honore Tchou hwt2@georgetown.edu
Subject: Re: Turn off boilers
Date: March 31, 2025 at 11:29 AM
To: River Place South office@riverplacesouth.com



Hi Richard and team,

Hope you're well!

I know we already discussed the Virginia building code, but I still wanted to share this pic for your awareness. The temperature in my unit is exceeding 80 degrees while the temp outside is lower. It's making river place south harder and harder to live/work in under these conditions. Thanks for listening and troubleshooting to the extent you can. I have not heard back from the housing authorities but will share if I hear anything. Thank you!

Honore



Honoré

Sent from my iPhone

On Mar 19, 2025, at 4:01 PM, Honore Tchou <hwt2@georgetown.edu> wrote:

Thanks, Richard, for the non-smoking reminder which would let me open the window more frequently. And crossing fingers that those cooler days mean cooler temps in my unit. I may need to experiment with using ice and a fan. We shall see!

Honore

On Mar 19, 2025, at 3:49 PM, River Place South <office@riverplacesouth.com> wrote:

Hi Honore,

Yes. Of course we will remind residents of our non-smoking rule.

I see that cooler temperatures are forecasted for the next 9 days.

Best,

Richard

Richard Villegas - General Manager

River Place South Housing Corporation

1011 Arlington Blvd #350

Arlington, Va. 22209

703-528-3555

From: Honore Tchou <hwt2@georgetown.edu>

Sent: Wednesday, March 19, 2025 3:30 PM

To: River Place South <office@riverplacesouth.com>

Subject: Re: Turn off boilers

Hi Richard,

Thanks again for sharing these documents. I reviewed them and see the mention of May 1. Quite fascinating that Virginia uses dates rather than temperature readings. To let you know I have emailed the Virginia Housing Division to see if there are any exceptions to the rule, and can share whatever they may say, although I don't expect much.

Which leaves me to my current predicament, that I am pretty much on my own during these shoulder seasons. With that said, can I ask you for a small favor when convenient? Can you remind folks that RPS is a non-smoking building? As I was trying to cool off yesterday with the window open, cigarette smoke would just waft through the window, another reason why it's been difficult to deal with the heat. Any help on this front is appreciated.

Thank you, Richard!

Honore

FYI: this is the temperature reading at 10:00 am in my unit (78.4) while it's 53 outside (a 25 degree difference) despite the heat turned off and shades down. Imagine when it becomes 60 or 70 outside. Hot!

<image001.jpg>

> On Mar 17, 2025, at 11:34 AM, River Place South <office@riverplacesouth.com> wrote:

>

> Hi Honore,

>

> Of course. Our pleasure.

>

> Please see link to Arlington County describing the heat requirement:

>

> [https://www.google.com/url?](https://www.google.com/url?q=https://www.arlingtonva.us/Government/Programs/Housing/Get-Help/Rental-Services/Tenant-Landlord-Rights-Responsibilities%23%3A~:text=3DBuilding%2520owners%2520are%2520legally%2520obligated,maintenance%2520codes%2520in%2520Arlington%2520County&source=gmail-imap&ust=1742830455000000&usg=AOvVaw1ktwqyJaL4BpcnOF0Eietq)

[q=https://www.arlingtonva.us/Government/Programs/Housing/Get-Help/Rental-Services/Tenant-Landlord-Rights-](https://www.google.com/url?q=https://www.arlingtonva.us/Government/Programs/Housing/Get-Help/Rental-Services/Tenant-Landlord-Rights-Responsibilities%23%3A~:text=3DBuilding%2520owners%2520are%2520legally%2520obligated,maintenance%2520codes%2520in%2520Arlington%2520County&source=gmail-imap&ust=1742830455000000&usg=AOvVaw1ktwqyJaL4BpcnOF0Eietq)

[Responsibilities%23~:text%3DBuilding%2520owners%2520are%2520legally%2520obligated,maintenance%2520codes%2520in%2520Arlington%2520County&source=gmail-imap&ust=1742830455000000&usg=AOvVaw1ktwqyJaL4BpcnOF0Eietq](https://www.google.com/url?q=https://www.arlingtonva.us/Government/Programs/Housing/Get-Help/Rental-Services/Tenant-Landlord-Rights-Responsibilities%23~:text=3DBuilding%2520owners%2520are%2520legally%2520obligated,maintenance%2520codes%2520in%2520Arlington%2520County&source=gmail-imap&ust=1742830455000000&usg=AOvVaw1ktwqyJaL4BpcnOF0Eietq).

>

> Arlington County also provides a reference to the Virginia Uniform Statewide Building Code:

>

> [https://www.google.com/url?q=https://www.dhcd.virginia.gov/virginia-uniform-statewide-building-code-usbc&source=gmail-](https://www.google.com/url?q=https://www.dhcd.virginia.gov/virginia-uniform-statewide-building-code-usbc&source=gmail-imap&ust=1742830455000000&usg=AOvVaw1S4lb8eiYVc2PmDNGup40K)

[imap&ust=1742830455000000&usg=AOvVaw1S4lb8eiYVc2PmDNGup40K](https://www.google.com/url?q=https://www.dhcd.virginia.gov/virginia-uniform-statewide-building-code-usbc&source=gmail-imap&ust=1742830455000000&usg=AOvVaw1S4lb8eiYVc2PmDNGup40K)

>

> Best regards,

>

> Richard

>

> Richard Villegas - General Manager

> River Place South Housing Corporation

> 1011 Arlington Blvd #350

> Arlington, Va. 22209

> 703-528-3555

>

> -----Original Message-----

> From: Honore Tchou <hwt2@georgetown.edu>

> Sent: Monday, March 17, 2025 10:46 AM

> To: River Place South <office@riverplacesouth.com>

> Subject: Re: Turn off boilers

>

> Hi Richard,

>

> Thanks for the response, and I appreciate your acknowledgment of my past and recurring challenges with the heat at RPS, which makes it painful for me to work, rest, and sleep in my unit.

>

> I appreciate you referencing a Virginia law that requires compliance. Can you help me and clarify which Virginia law you are referencing? It would be new to me that any Virginia law directs heating or cooling of the building based on the outside temperature, but rather my understanding is that it is based on the inside temperature of the building, which is significantly higher due to insulation and ambient heat.

>

> Any assistance would be appreciated. Thank you again, Richard!

>

> Honore

>

>

>> On Mar 17, 2025, at 9:50 AM, River Place South <office@riverplacesouth.com> wrote:

>>

>> Hi Honore,

>>

>> Good morning. Hope all is well. Thank you for your email. We understand that the air flow to your convector is currently turned off which is the best we can do for the time being. If you would like us to have our team double check it, we'd be glad to.

>>

>> I believe we've explained in the past that our boilers automatically shut off when it's over 65 degrees outside. Under Virginia law we are required to maintain heat until May 1.

>>

>> As we have done in previous year, our team will continue to monitor temperatures through the month of April, but bear in mind that for example this week low temps are expected in the high 30's.

>>

>> Please let us know if you have any questions.

>>

>> Best,

>>

>> Richard

>>

>> Richard Villegas - General Manager
>> River Place South Housing Corporation
>> 1011 Arlington Blvd #350
>> Arlington, Va. 22209
>> 703-528-3555

>>

>> -----Original Message-----

>> From: Honore Tchou <hwt2@georgetown.edu>

>> Sent: Sunday, March 16, 2025 11:22 PM

>> To: River Place South Housing Corporation <riverplaceSouth@comcast.net>

>> Subject: Turn off boilers

>>

>> Hi Gail, Richard, and the River Place team,

>>

>> I hope you had a great weekend!

>>

>> Would it be possible to consider turning off the boilers? It has already become very hot in the apartment and the next two weeks will see us hitting sixties and seventies which makes the units much too hot to bear. For your info I already have the hot air turned off.

>>

>> I hope this is a reasonable request and thank you for your consideration!

>>

>> Honoré

>> 839 South

>>

>> Sent from my iPhone



From: River Place South office@riverplacesouth.com
Subject: RE: Turn off boilers
Date: March 17, 2025 at 9:50 AM
To: Honore Tchou hwt2@georgetown.edu

RS

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Richard Villegas - General Manager
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Honoré
839 South

Sent from my iPhone

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What's the Best Temperature for Sleep?

Sleeping too hot or too cold can affect a good night's rest





Which category of “sleeper” do you fall into? While some people like to keep their bedrooms cool because they “sleep hot,” others prefer to crank up the bedroom temperature because they “sleep cold.”

It can pose for an interesting debate — especially if you’re sharing a bed/bedroom with someone who doesn’t quite vibe with your sleep style. But it *is* possible to find a healthy and happy medium.

As a rule of thumb, sleep psychologist [Michelle Drerup, PsyD](#), says to keep your bedroom at 60 to 67° F (15 to 19° C) and to think of your bedroom as your ‘cave.’ “It should be cool, dark and quiet to enhance your sleep.”

So, how exactly does temperature affect your sleep? Learn about the health implications of sleeping too hot or too cold and what your ideal sleeping temperature should be, below.

How temperature impacts sleep

We've all experienced a terrible night's sleep. We wake up the next day feeling groggy and moody, moving slowly and looking forward to the moment we can once again shut our eyes and get some rest.

There are several factors that can contribute to [sleeping troubles](#), one being temperature.

"If your bedroom becomes uncomfortably hot or cold, you are more likely to wake up," says Dr. Drerup.

But why is this the case? One [study](#) shares that too much heat or cold exposure is directly linked to increased wakefulness and decreased rapid eye movement (REM) sleep (the stage in which one [dreams](#)).

"Thermoregulation is very important for staying in restorative, slow-wave sleep [stages](#)," says Dr. Drerup. "These are the stages in which we get the most rest."

Sleeping too hot

When we sleep, our core body temperature decreases as part of the sleep initiation process, so you may crave the heat to get warm and cozy under the covers. But — if the temperature of your bedroom is too hot or humid, chances are you'll experience more restlessness and have more trouble falling/staying asleep.

"Heat is a huge disruptor for REM sleep," Dr. Drerup says. With the heat of the room, your body temperature will also rise, thus undoing the sleep initiation process entirely.

If your bedroom temperature is above 70° F, it's too hot.

Sleeping too cold

On the flip side, sleeping too cold also has its downsides. It may not affect your sleep cycles as drastically as sleeping too hot, but it may lead to other health issues.

“When we’re cold, our body kicks into high gear to try and get us warm again,” says Dr. Drerup. Blood vessels become constricted, breathing becomes shallow and it puts extra pressure on our cardiovascular system to get our body temperatures regulated again, she adds.

If your bedroom temperature is lower than 60° F, it’s too cold.

Does ideal sleep temperature change with age?

As we age, our bodies go through many changes — one, being a decrease in body temperature and another being a decrease in [melatonin](#) (a hormone released at night associated with sleep control) and cortisol (stress hormone) levels. You may need to adjust your sleeping temperature depending on your body, but you should avoid changing it too drastically one way or the other. Talk with your doctor to see if your sleep temperature should change.

So, now that you know it’s not ideal to sleep in too hot or too cold of temperatures, what *is* the best sleeping temperature? “Typically it is suggested that the [optimal sleeping temperature](#) in the bedroom for adults should be between 60 and 67° F,” says Dr. Drerup. This range of temperature is thought to actually help facilitate the stability of REM sleep.

What is the ideal sleeping temperature for babies?

The best sleeping temperature for [babies and toddlers](#) is a bit higher, between 65 and 70° F.

“Sleeping on the warmer end of the ideal sleep temperature scale is more conducive for those with smaller bodies that are still developing,” says Dr. Drerup. “They are not yet able to regulate their body temperature like adults can.”

Keep your baby’s bedroom temperature too warm though, and you run the risk of overheating. Put your child in something breathable to sleep in and try to limit the number of blankets in their crib/bed.

If you’re concerned about your child being too hot while they sleep, touch the back of their neck or stomach to test your theory. If their skin is sweaty, remove a layer or decrease the temperature of the room a bit.

How to keep the ideal sleep temperature

Before you head to bed tonight, set your thermostat to the optimal sleeping temperature (60 to 67° F) and try these other tips for getting a good night’s rest:

- Keep a fan in your room, so that in the case you do feel too warm, it will be easy to cool down the rest of the room.
- Avoid drinking caffeine or eating foods high in sugar (which can increase your body temperature).

- Sleep for the season, with appropriate, breathable pajamas, bed sheets and blankets.

Now it's time to put your temperature regulations to the test! If you're still experiencing sleep issues at a regulated temperature, consult with your primary doctor, who can refer you to a sleep psychologist.



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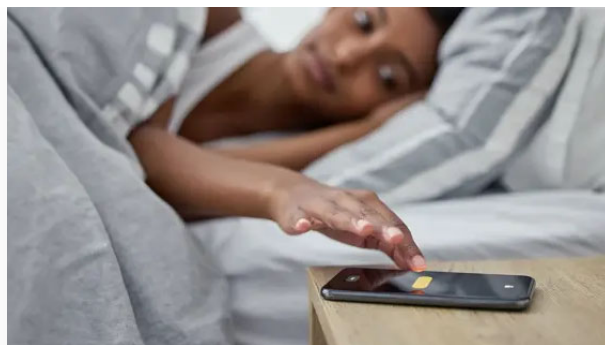
Most adults need seven to nine hours, while young children need around 10 to 14



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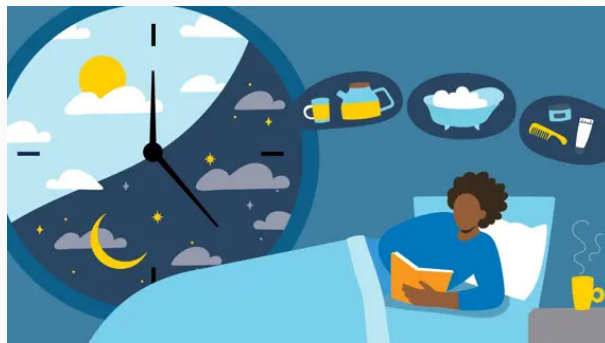
New research may shed some light on the debated topic



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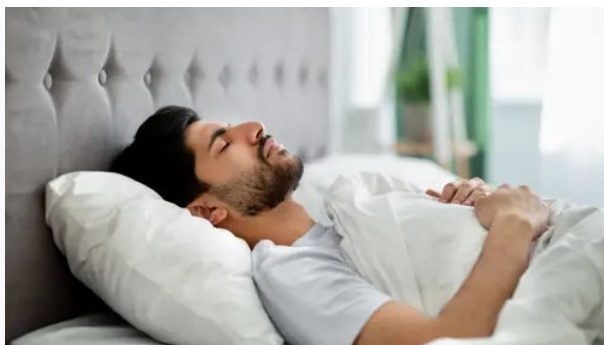
A late-night cocktail can disrupt your sleep cycle in a way that undermines the quality of your rest



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How To Fix Your Sleep Schedule

A regular sleep schedule is essential to your well-being — be consistent and take time to wind down



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What's the Best Sleep Position for You?

There's no one sleep position that's best for everyone — but you may benefit from sleeping a certain way depending on your individual needs

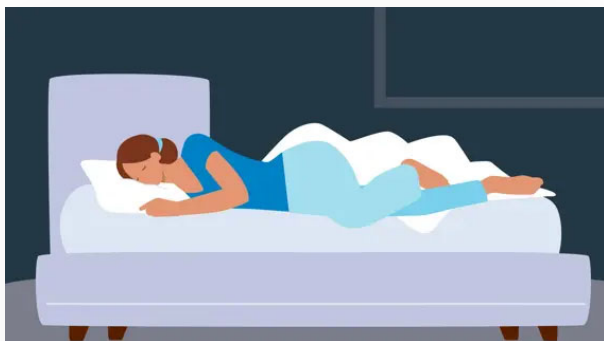


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How Your Home's Temperature Can Affect Your Health

Furnace, Heating, HVAC

Did you know that the temperature of your home can significantly impact your health? Whether it's the biting chill of winter or the sweltering heat ...

Posted by Glenn | December 27, 2023

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Did you know that the temperature of your home can significantly impact your health? Whether it's the biting chill of winter or the sweltering heat of summer, finding the right balance is crucial for your well-being. Here, we explore the effects of both extremes and discuss the ideal temperature range for a healthy home.

THE GOLDILOCKS ZONE: FINDING THE PERFECT TEMPERATURE

Maintaining a comfortable temperature at home is essential for your well-being. The ideal temperature for your home depends on several factors, including your age, health, and personal preferences. During the summer months, the ideal temperature for your home is around 25.5°C (78°F). However, this temperature can vary depending on your personal preferences and the climate in your region. You can also use air conditioning, insulation, certain building materials, wall thickness, shading from direct sunlight, natural ventilation, and increased air motion (fans) to cool indoor temperatures and protect yourself against heat and heat-related illnesses.

It's important to note that an indoor temperature of less than 16°C increases the risk of

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Therefore, maintaining an ideal temperature in your home is crucial for your health and comfort. The ideal temperature can vary based on personal preferences and the climate in your region, but it's recommended to set your thermostat to 20°C (68°F) during the winter months and around 25.5°C (78°F) during the summer months.



FACTORS THAT CAN AFFECT INDOOR TEMPERATURE

Maintaining a comfortable indoor temperature is essential for your health and well-being. The temperature inside your home can be affected by various factors, including:

1. Insulation

Poor insulation can lead to significant heat loss, making it difficult to maintain a comfortable temperature indoors. If your home is not well insulated, you may need to use more energy to heat or cool your home, which can increase your energy bills.

2. Building Materials

The materials used to construct your home can also affect its temperature. For instance, homes made of brick or stone tend to retain heat better than those made of wood. Additionally, the thickness of your walls can also impact your home's temperature.

3. Sunlight

Direct sunlight can significantly increase the temperature inside your home, especially during the summer months. Shading your windows or using curtains can help block out the sun's rays and keep your home cooler.

4. Airflow

Proper ventilation is crucial for maintaining a comfortable indoor temperature. Airflow can be improved by opening windows, using fans, or installing an air conditioning system. Increased air motion can also help cool indoor temperatures.

5. Outdoor Temperature

The temperature outside your home can also affect the temperature inside. During the winter months, colder temperatures outside can lead to lower indoor temperatures, while during the summer, hotter temperatures outside can cause your home to become

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Maintaining the right temperature in your bedroom is crucial for a good night's sleep. According to the Sleep Foundation, the ideal temperature for sleep is between 60-68°. Your body's temperature naturally drops as you sleep, so a cooler room makes it easier to fall and stay asleep.

On the flip side, sleeping in a room that is too warm or too cold can disrupt your sleep. When you are too warm, your body struggles to cool down, leading to restlessness and discomfort. According to the Cleveland Clinic, sleeping too cold can also have its downsides. When you are too cold, your body kicks into high gear to try and get you warm again, leading to restlessness and discomfort.

Being in a comfortable environment is essential for healthy sleep. Keeping your sleeping quarters at a temperature near 18.3°C (65°F), give or take a few degrees, is ideal, according to Healthline. Your body temperature naturally fluctuates throughout the night, so a slightly cooler room can help regulate your body temperature and promote restful sleep.

A good night's sleep is dependent on maintaining the right bedroom temperature. Sleeping in a room that is too warm or too cold can disrupt your sleep and lead to restlessness and discomfort. Keeping your sleeping quarters at a temperature near 18.3°C (65°F) is ideal for promoting restful sleep.

FAQs

Is it Healthier to Keep Your House Cold or Warm?

Striking the right temperature balance is like finding the Goldilocks zone for your health. While personal preferences vary, experts generally agree that maintaining a moderate temperature is key. Extreme cold or heat can strain your body, affecting everything from sleep quality to overall comfort.

What is the Healthiest Temperature to Keep in Your House?

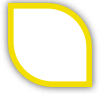
The sweet spot for indoor temperature is typically around 20-22 degrees Celsius (68-72 degrees Fahrenheit). This range promotes better sleep, aids concentration, and supports overall physical comfort. Straying too far from this range may lead to health issues.

What are the Benefits of Living in a Cold House?

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While there are benefits, it's essential to consider the downsides of a cold home. Exposure to low temperatures for extended periods can strain your cardiovascular system, potentially leading to health issues. Cold indoor environments might also contribute to discomfort and increase the risk of respiratory problems.



What Temperature is Too Cold for a House?

Experts suggest avoiding indoor temperatures below 15 degrees Celsius (60 degrees Fahrenheit) for extended periods. Prolonged exposure to colder temperatures can lead to health issues, including increased vulnerability to respiratory infections.

HOW TO KEEP CONSISTENT TEMPERATURES

Invest in a Programmable Thermostat: Installing a programmable thermostat allows you to set specific temperatures for different times of the day. This not only ensures comfort but also helps you optimize energy usage, saving on utility bills.

Seal Leaks and Insulate: Identify and seal any gaps or leaks in windows, doors, and walls. Proper insulation is key to preventing heat loss in the winter and maintaining a cool interior during the summer. Consider upgrading insulation in attics and walls for better temperature control.

Regular HVAC Maintenance: Schedule routine maintenance for your heating, ventilation, and air conditioning (HVAC) system. This includes cleaning or replacing filters, checking for leaks, and ensuring all components function efficiently. A well-maintained HVAC system contributes to consistent temperature regulation.

Use Curtains and Blinds Strategically: Curtains and blinds are more than just decorative; they play a crucial role in temperature control. Close them during the hottest parts of the day to block out sunlight and heat and open them on cooler days to let in natural warmth. Consider using thermal curtains for added insulation.

Consider Zoning Systems: Zoning systems allow you to control the temperature of different areas or rooms independently. This is particularly useful for larger homes or multi-story residences, ensuring that each space is heated or cooled according to its specific needs.

Adjustable Vent Covers: Invest in adjustable vent covers to control the airflow in each room.

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strategically use accessories like curtains and blinds for personalized advice on

enhancing your home's temperature control, consider reaching out to **Always Plumbing and Heating**.



STRIVE FOR BALANCE

Now you know your home's temperature plays a significant role in your overall health. Striving for a balanced and comfortable environment is essential for quality sleep, mental well-being, and immune system support.

Ready to achieve temperature stability in your home? **Contact us** for expert guidance on optimizing your HVAC system and maintaining a comfortable living space. Subscribe to our newsletter for more tips on creating a consistent and cozy home environment.

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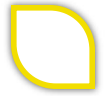
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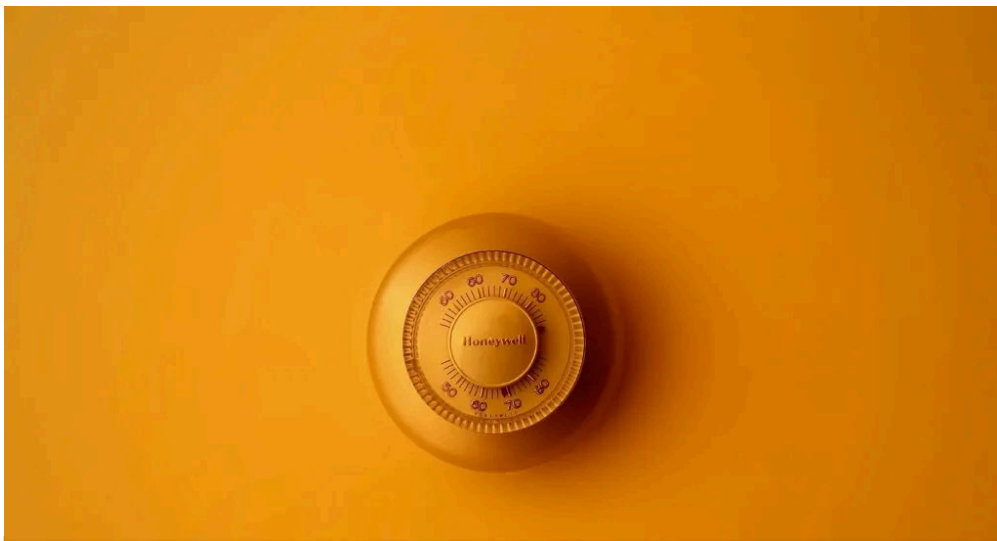
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