

### Energy Advice: Room temperature recommendations

The National House Builders Council (NHBC) recommends the following room temperatures:  
 NHBC Standards - Effective from 1<sup>st</sup> January 2023

Room	Temp °C	Room	Temp °C	Room	Temp °C
Lounge/sitting room	21	Cloakroom/WC	21	Internal room or corridor	21
Living room	21	Toilet	21	Bedroom/study	21
Breakfast room	21	Utility room	21	Landing	21
Dining room	21	Study	21	Bathroom	22
Kitchen	21	Games room	21	Shower room	22
Family/breakfast room	21	Bedroom	21	Dressing room	21
Hall	21	Bedroom with en suite	21	Storeroom	21

Region	Latitude	Outdoor design temperature °C	Ground reference temperature (winter mean °C)
Scotland & Isles	56-60°N	-5	+5.5
Northern England & Northern Ireland	54-56°N	-4	+6.0
Midlands, Wales and ROI	52-54°N	-3	+6.5
London, SW England	51-52°N	-2	+7.0
Southern England	50-51°N	-1	+7.5

#### Stelrad recommends

1. Closing curtains and not covering the radiator.
2. Keeping the room at a constant temperature to reduce large heating movements
3. Installing thermostatic radiator valves to all radiators to ensure heat reaches the radiator evenly and effectively.
4. Using a draft divertor to reduce drafts entering the room.
5. Not placing furniture in front of a radiator, which restricts heat radiation.
6. Not opening windows to cool down, turning the heat down instead.
7. Using a time and temperature controller to manage the heating. Set the timer to go off 30 minutes before you leave the house and to come on 30 minutes before you return.
8. Turn radiators down in rooms you are not using.

**Please note:** These recommendations maximize energy efficiency and will benefit not only the people living in the house, but the environment too.