

# Energy Advice Guide

## *Room temperature recommendations*

The National House Building Council (NHBC) recommends the following room temperatures: \*

ROOM	TEMPERATURE
Dining Room	21°C
Living Room	21°C
Bedroom	21°C
Bathroom	22°C
Kitchen	18°C
Utility	18°C
Cloaks	18°C

\*assuming an outside temperature of -3°C

## *Stelrad recommends*

1. Closing curtains at night 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 excluder 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 heating down instead.
7. Using a timer 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.

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

