Guide to a pleasant indoor climate temperature

Akademiska Hus strives to provide the best possible indoor climate in our premises with respect to long-term sustainability. In this guide, you can read about how the indoor climate works, what you can personally influence and what to do when you suspect something is wrong.

WHAT IS THE RIGHT TEMPERATURE?

In Akademiska Hus' premises, we usually aim to keep an indoor temperature of approximately 21°C.

In practice, however, maintaining the temperature exactly at a certain number of degrees is difficult and we must therefore allow for certain variations. This applies especially on days when it is extra hot or cold outside.

Some buildings have "comfort cooling", which makes it possible to actively keep the room temperature down. The temperature will be higher in buildings that lack this feature, especially during heat waves. A high indoor temperature does not always mean that something is wrong, but may be caused by factors such as the building's design or its location.

WHY DO WE EXPERIENCE THE TEMPERATURE DIFFERENTLY?

How we experience the indoor climate can differ greatly. One person may think it is too hot, while another feels it is much too cold. The clothes we wear, how much we move around during the day and how we feel are all factors that affect how we perceive the temperature and climate in the workplace. The difficulty of finding the right indoor temperature is indeed related to the fact that we are individuals with different preferences.

In winter, most people prefer
20–22°C
indoors

In summer, most people prefer
24–25°C
indoors

HOW CAN I PERSONALLY AFFECT THE INDOOR CLIMATE?

Furnish and position the workplace the right way

Don't place furniture or other objects in front of the heaters. Leave at least five to ten centimetres of free space for the air to circulate around the heaters and the thermostats that govern the heat. Avoid sitting too close to large windows. It is better to sit at least one metre from exterior walls with windows.

The right number of people in the room

All rooms, both offices and lecture halls, are designed to cater to a certain number of people. If more people than that limit are present, there is great risk that it will be too warm and the air will feel stale and stuffy.

Adapt clothing and activities

Remember to dress according to the seasons and how you feel. A jacket or sweater can make a perceived temperature difference of almost two degrees. People who stand and move around often perceive the temperature as several degrees higher than those who sit still.

IF YOU SUSPECT THAT SOMETHING IS WRONG ...

If you have any questions, would like to report a problem, or would like to know more about your building, please feel free to contact us. The easiest way to do this is via the app **Mitt Campus** or on our **website akademiskahus.se**