

Proper Heating and Ventilation

When heating your apartment, it's important to strike a balance: of course, your home should be warm and cozy. Additionally, consistently low temperatures can endanger your health. On the other hand, excessive heating is also unhealthy – and nowadays, particularly expensive. Moreover, different uses of a room require different heating approaches. Nevertheless, there are important basic rules for proper heating that ensure you don't "burn through" your money and can enjoy a pleasant living environment.

Hence, consider the following:

- Different rooms in your apartment have different temperature guidelines: 20°Celsius in living rooms, children's rooms, and common areas; 24°Celsius in the bathroom; 18°Celsius in the kitchen; 14°Celsius to 18°Celsius in the bedroom at night. CAUTION: These values apply when you're present.
- During the night and when you're away for an extended period, slightly reduce the heating. However, never turn the heating off completely.
- Keep radiator valves and heaters unobstructed.
- Always keep doors between differently heated rooms closed.

In addition to heating, proper ventilation also has a direct impact on your heating costs, and something many people don't realize: on your health as well! Improper ventilation leads to humid indoor air, promoting mold growth. Instead, moisture needs to be expelled from the apartment through correct ventilation. Otherwise, it accumulates on walls, corners, and behind furniture, providing an ideal breeding ground for mold. The following rules will help you prevent harmful mold and save on heating costs:

- "Interval ventilation" only. This means opening windows completely for a short period when ventilating. Particularly in the morning and before bedtime in the evening, generous ventilation with open windows is recommended. A tilted window is ineffective, wastes heating energy, and actually fosters mold growth.
- If possible, ventilate across the apartment (open all windows and doors in the apartment). However, be cautious that doors and windows don't slam shut due to strong drafts.
- Ventilate regardless of the weather, even when it's raining.
- The cooler the room temperature, the more often you should ventilate.
- The colder the outside temperature, the shorter the ventilation time needed.
- Always ventilate after cooking, ironing, showering, or bathing.
- Place furniture along exterior walls with a distance of at least 5-10 cm from the wall.
- If moisture accumulates on the inside of the window, wipe the window dry.