EB plus
• Energiespartipps •

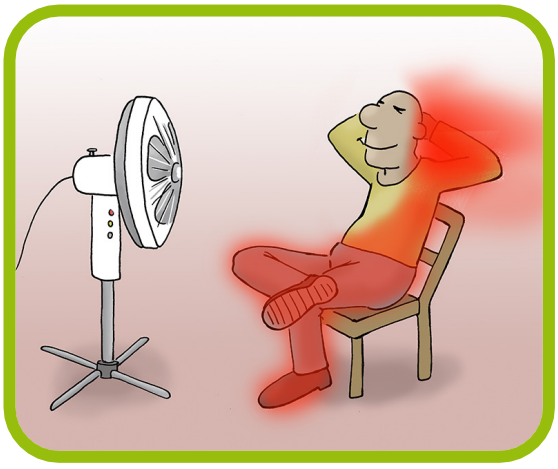
What to do in an overheated flat

In times of climate change, overheated flats become an increasingly bigger problem. What can you do when it gets too hot inside?

Open the windows at night and keep them closed during the day

It makes sense to ventilate around sunrise in particular because that is the time of day when the outdoor temperature is the lowest. In case you are willing to set an alarm clock for these hours or if you are up anyway, open as many windows as possible between 4 and 7 a.m.

Fans



Fans need much less electricity than (mobile) air conditioning units. They do not cool the air in the room but they send a breeze over our skin that feels chilly. The reason: The surface of our body has a temperature of a little below 37°C. If the temperature of the air surrounding us is less than this, it can absorb heat from our body. A fan constantly sends new air across our skin and even in very hot rooms this air is rarely ever as warm as our bodies. As soon as the body as emitted some warmth, new, colder air "comes flying". Hence, the stream of air transports body heat away and that is what feels like a chilly breeze.

Hang up damp cloths

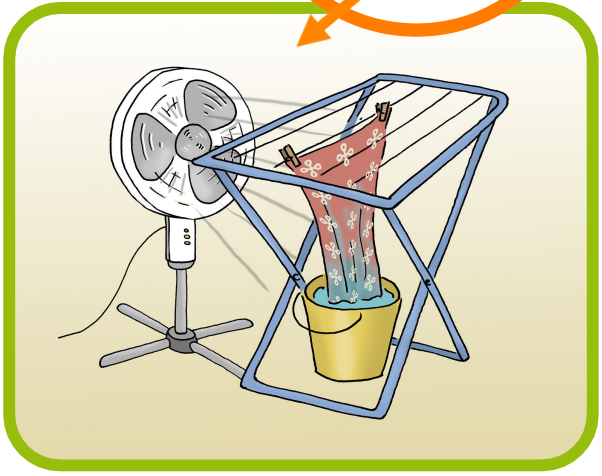
If water evaporates, it needs energy to do so. It draws this energy from the surrounding air and thereby cools it down. Thus, a room can be cooled by putting up wet towels or sheets!

Attention: If you have a problem with mould in your flat, do not use these methods.

The coolest tip: Fan + damp cloths = DIY air conditioning!

Pointing a fan at damp cloths on a clotheshorse works particularly well against heat. Ideally, the cloth hangs down into a bucket with water so that it can "reload" all the time!

Of course the air gets more humid this way and the method may be not be ideal on sweltry days.



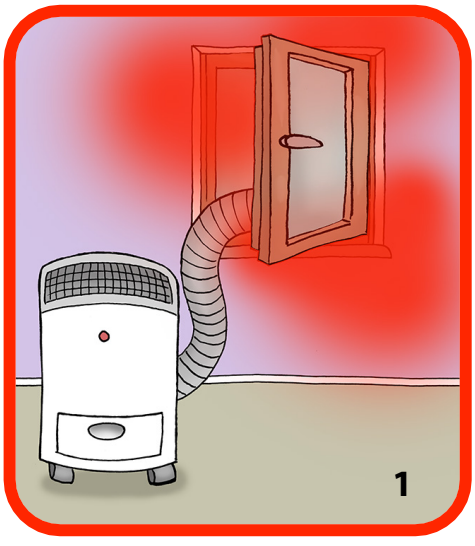
More tips

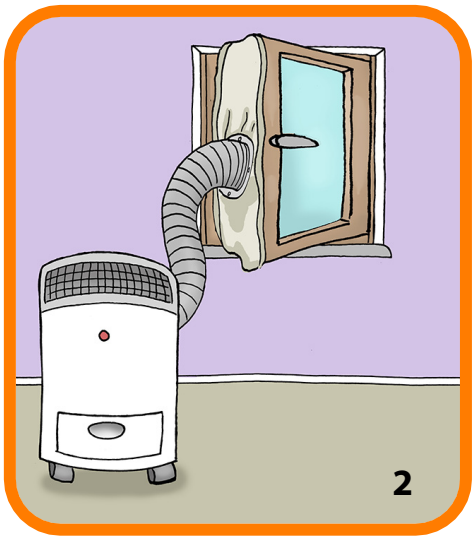
- **Blinds, window shades and curtains should be closed during the day.**
- **Remove carpets.** In the winter time, carpets are great against cold feet but in summer they should be stored away because cool floors are welcome then!
- **Cold kitchen.** Refrain from extensive cooking so that your oven's heat won't add to the room temperature.
- **Avoid waste heat.** Many electric appliances get warm and add to the heat in the flat. TV-sets, computers, coffee machines, etc. should be turned off completely when they are not used. When the little standby lamp is still on, the device is not shut down yet. Switchable power strips make it easy to turn off several devices entirely and at once. This is actually good practice all year round to save electricity!
- If you have a balcony: **Many green plants in front of the window** are very effective against indoor heat!

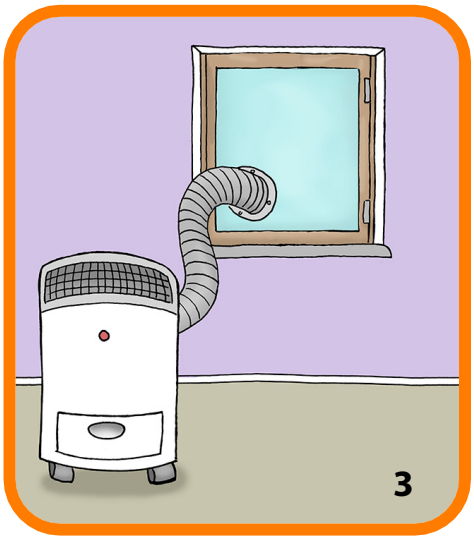
Avoid (portable) air conditioning units where possible

Portable air conditioners are heavily promoted. Their great disadvantage: They need a lot of electricity!
Using a portable air conditioner is especially problematic if the hose (that is supposed to expel the heat) can only be laid through an open window or a balcony door (illustration 1). Warm air always moves towards where it is cooler. This means that, when the air conditioner works, the cool air inside will suck in the natural outdoor heat **and** the hot exhaust air. In effect, the device will work especially hard and use even more electricity!

Our advice: **Do not use (portable) air conditioners at all if possible.** In case nothing else works against the heat in your flat, buy a window seal for portable air conditioners (illustration 2). Exhaust air hoses can also be put through a hole that is cut into the window glass (illustration 3). This needs to be approved by your landlady/landlord, however.







Applying heat control window films

If the sun shines directly through a window, the rooms heats up especially fast . Self-adhesive sun filtering protection films (available form DIY stores) are effective to mitigate this effect. When they are applied to the window pane from the outside, they may be slightly more effective but if they are attached on the inside, they can be removed easily in winter and you can reuse them in the next year.

See on the next page how we have done this in our office:

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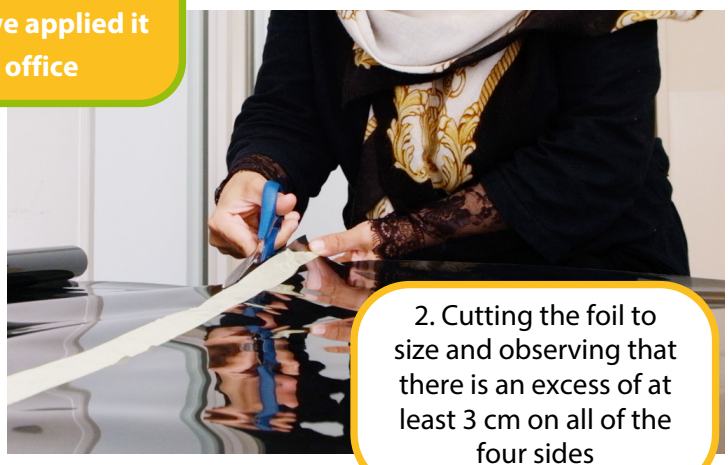
Heat control window film: How we applied it at our office

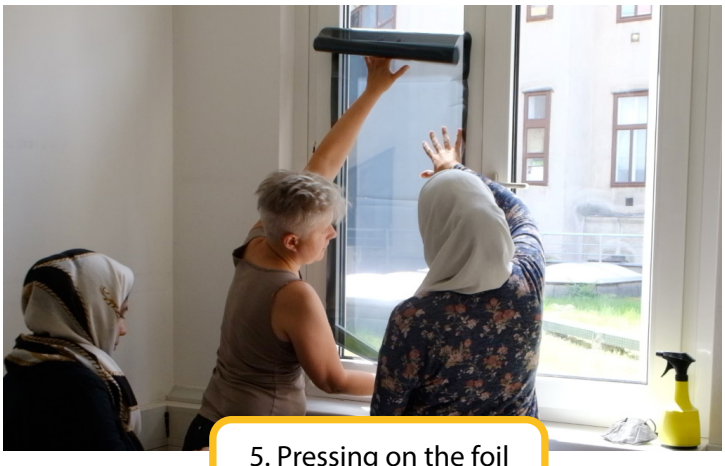
1. Measuring the pane



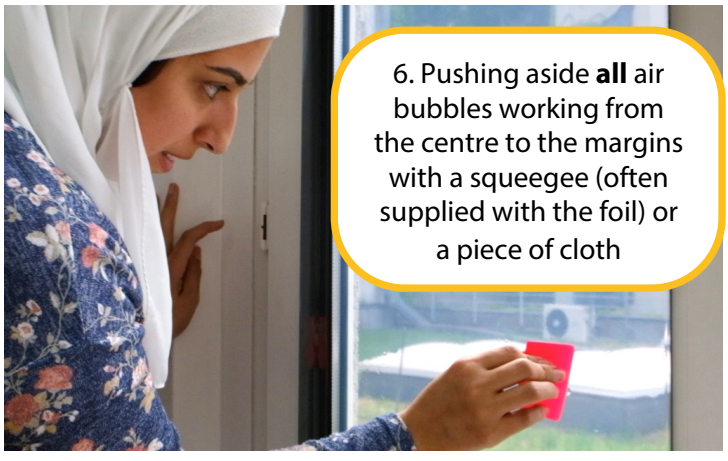
2. Cutting the foil to size and observing that there is an excess of at least 3 cm on all of the four sides

3. Making the pane very wet with a spray bottle

4. Removing the first protection layer



5. Pressing on the foil



6. Pushing aside **all** air bubbles working from the centre to the margins with a squeegee (often supplied with the foil) or a piece of cloth

7. Carefully cutting off the excess with a carpet knife in order not to damage the window seal

8. Removing the second protection layer

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