

Heating and airing done right!

When temperatures drop, it's important that your home is cosy and warm. But did you know that a good indoor climate is equally as important for your wellbeing? Along with keeping your home at a comfortable temperature, this also involves regular airing to prevent humidity levels from rising.

Our homes have well-insulated walls and double-glazed windows designed to keep in moisture. However, activities like showering, taking a bath, cooking and even breathing cause humidity levels to rise sharply. It's important to stop this moisture building up in your home to avoid damp walls and mould.

Did you know? The winter months are a great time to efficiently ventilate your home. Fresh air is very dry by nature. As it warms up in your home, it can start to hold lots of moisture. That being said, it's best to avoid leaving your windows open all day. Otherwise your extra dose of fresh air will likely be accompanied by an expensive heating bill.



A managed, healthy indoor climate

When you enter a room, you usually notice whether it's hot or cold pretty quickly. Moisture, on the other hand, isn't so obvious. Our wellbeing measurement card allows you to check the temperature in your home and see whether humidity levels are within a healthy range. The measuring fields on the back of the card let you know when to you need to heat and air your home.



Richtig warm und gut gelüftet

Mit unserer intelligenten Messkarte.

Optimieren Sie Ihr Raumklima!

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Avoid wasting energy and money by not excessively heating and airing. Our wellbeing measurement card helps you to find the right balance! The cards are available free of charge from all service centres.

Read the handy tips below to learn how to properly heat and air your home in winter and how to maintain a healthy indoor climate using as little energy as possible.

Heat rooms correctly

- ✔ The easiest way to heat your home correctly is by automatically adjusting the room temperature using a thermostat on your radiator.
- ✔ Continuously heat all rooms to at least a low level, including rooms you don't use all the time.
- ✔ Never completely turn off the heating, even if you aren't there during the day! Heating up cooled rooms is far more expensive than maintaining a slightly lower temperature!
- ✔ Do not place anything in front of radiators and air rooms regularly.
- ✔ Avoid placing large cabinets directly in front of exterior walls. Maintaining a distance of 5 to 10 cm prevents mould.



Contact your landlord if you notice mould appearing in your home despite properly heating and airing the rooms.



There's no need to worry about losing heat when you briefly air rooms – the dry air that enters the room warms up particularly quickly.

Air rooms correctly

- ✔ During the winter months, it's important to air every room for five minutes three times a day with wide open windows and closed internal doors, whatever the weather!
- ✔ If you dry your laundry inside, air the room on a more regular basis.
- ✔ Foggy windows and condensation on the window sills indicate that humidity levels are too high in your home.
- ✔ Do not let the room temperature fall below 14 degrees. The colder the room, the more regularly it needs to be aired.
- ✔ Never leave your windows permanently slightly open, otherwise you may be faced with a hefty energy bill! When windows are left open, the fresh air cools the wall around the window, causing moisture to build up, which can ultimately lead to mould!