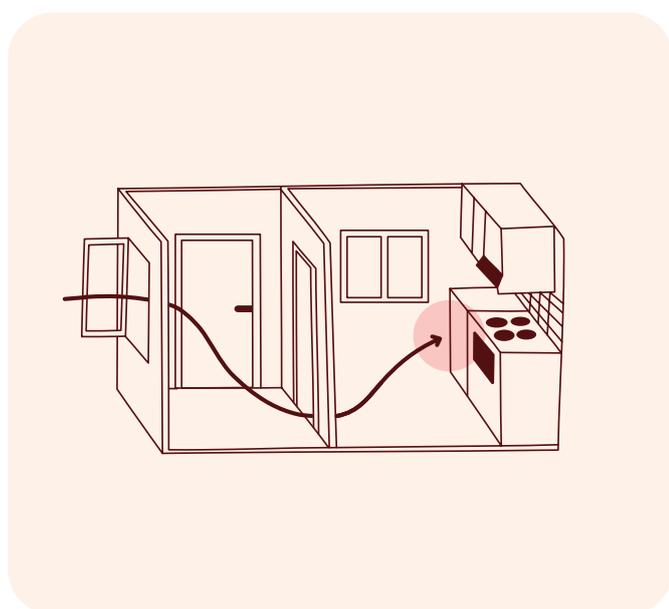


# Some simple advice on your indoor temperature

Having a comfortable temperature in your apartment is more important than you might think. We aim to maintain 20–21°C in our apartments all year round, but you can also influence the temperature yourself. In this information folder, we explain how you can monitor and improve your indoor environment, which saves time, money, and unnecessary discomfort as a tenant.

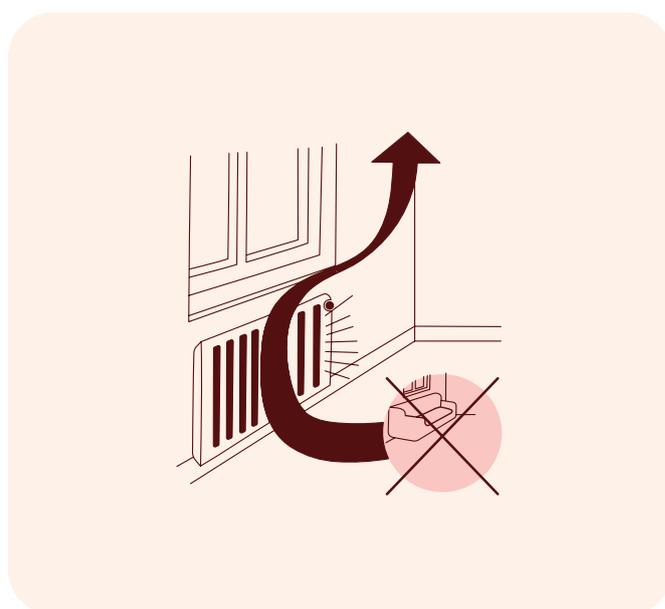


## Ventilate wisely

To clear out cooking odors from the kitchen, it's better to open a window in another room than to open the kitchen window. If you open the kitchen window, air flows in and pushes the cooking odors further into the apartment. However, if you open a window in another room, the smells are instead drawn out through the kitchen extractor hood (fan).

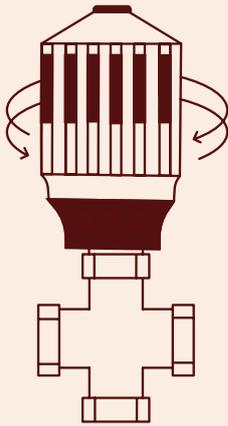
## Clear out humidity and bad smells

If you want to clear out humidity or bad smells, it usually helps to create a cross-draft for five minutes. Keeping a window constantly open wastes energy on heating and does not result in better indoor air.



## Don't cover the radiator

It's important not to place anything in front of the radiator so that air can flow freely in the room. If it's absolutely necessary to place something, for example a sofa, in front of the radiator, please make sure that there's at least 15-20 centimeters in between the radiator and the sofa.



## The optimal temperature?

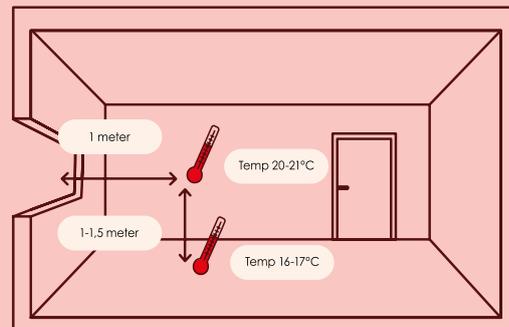
If the inside temperature in the apartment is at 21°C or more, the thermostat shuts off automatically and the radiator becomes cold. If the temperature is too low, you can check that the thermostat is set appropriately. If the temperature is still too low or high, please contact your housing manager.

## Regulate the thermostat

Normal radiators are warmer at the top than they are at the bottom. The colder the outside temperature is, the warmer the radiator feels. Sometimes the thermostat control can get stuck, preventing the radiator from heating up. If this happens, you can turn the thermostat control back and forth a few times. Then, leave the thermostat fully open by turning it counter-clockwise as far as it will go. The radiator should then become warm within fifteen minutes.

## How to check the temperature in your apartment

We aim to maintain the temperature at 20–21°C in our apartments. If the temperature is below 20°C when you measure it, try measuring it again a few days later, as it may be a temporary issue. It can be difficult to maintain a steady temperature during autumn and spring due to rapid weather changes, so some variation is to be expected. The same applies when the outdoor temperature is around 0°C or when it is very hot outside. If the temperature in your apartment is not within the specified range, you can always contact your local housing manager for help.



### Please remember!

Check the temperature 1-1,5 meters above the floor and at least 1 meter from a door and a window.

### Acceptable range

In the center of the room (see picture) = 20–21°C  
At floor level, 1 meter from the window wall = 16–17°C