

## **Temperature Setting of Room A.C. should be between 24°C and 27°C**

### **Reasons?**

**Health Consideration:** Prolonged exposure to temperatures below 23°C may:

- Cause chest infection, bronchitis, sinus, bloody nose, body aches, sore joints or arthritis!
- Make the skin dry and prone to itching, specially if suffering from eczema or psoriasis!
- Lead to dry eyes, dry and lusterless hair!
- May contribute to obesity!!

**Comfort Consideration:** Most of the people are comfortable over 24°C to 27°C range.

**Environment Consideration:** Lower temperature setting means energy wastage, hence extra energy generation, which in turn means extra CO<sub>2</sub> emissions from power plants.

**Money Consideration:** Calculations for a two-star 2-ton AC used for 8 hours a day and 30 days a month with a tariff of Rs. 7.50 per unit show that instead of setting your AC at 27°C if you set it at 22°C, then you waste Rs. 1260/- p.m., and if you set it **at 18°C you will be wasting a huge amount of Rs. 2270/- every month!!**