

## Keep it Comfortable:

Ways to help keep your home  
the perfect temperature



*A comfortable home is more than just staying warm or cool. It means managing temperature, humidity, airflow, and energy use, while meeting the needs of those living there. Cost and utility rates also affect comfort. Experts suggest keeping your home between 65°F and 74°F, when possible.*

### When It's Too Cold



- Cold indoor temperatures often result from a combination of low outdoor temperature, poor insulation and inadequate heating.
- Prolonged cold exposure can lead to hypothermia, where the body loses heat faster than it can produce it.
- Hypothermia increases the risk of respiratory and heart problems – and can even be fatal.
- Weatherization – including insulation and air sealing – can help reduce heat loss.
- Our experts recommend keeping indoor temperatures between 69°F and 74 °F.

## When It's Too Hot

- Exposure to extreme heat can be life-threatening. Heat exhaustion and heat stroke (hyperthermia) are medical emergencies and require immediate attention.
- Risks are affected by both indoor and outdoor temperatures.
- People who are more vulnerable to heat-related illnesses include infants and young children; adults over 65; people with heart, lung or kidney disease; people living with a disability; and individuals who live alone.
- While there is no official maximum indoor temperature standard, some public health recommendations not exceeding 77 oF to 80 oF.
- Use fans in combination with thermostat settings to increase comfort and reducing electricity costs. However, avoid using fans when the temperature is greater than 104
- Brining in cooler outdoor air at night can lower indoor temperatures the next day.
- If you don't have access to air conditioning, check with your health insurance provider or local health department – support programs may be available.

### Why Humidity Matters

- High humidity, or moisture in the home, can lead to mold and mildew growth, which can affect both comfort and health.
- Our experts recommend keeping indoor humidity levels between 30 oF and 50oF, ideally managed with an HVAC system.

*See of Keep-it Dry factsheet for more information.*

## Structural Integrity



### Comfort and efficiency go hand in hand. Good insulation, air sealing and moisture control can improve both.

- Air sealing (closing off gaps where outside air enters the home) helps maintain comfort in the home.
- Insulation prevents heat loss – but works best if air sealing is done first.
- Air sealing and insulation should for a continuous barrier. Air sealing must occur before insulation or air will pass through the insulation and bring its contaminants into the home.



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