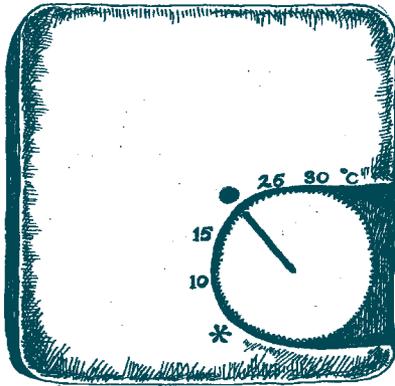
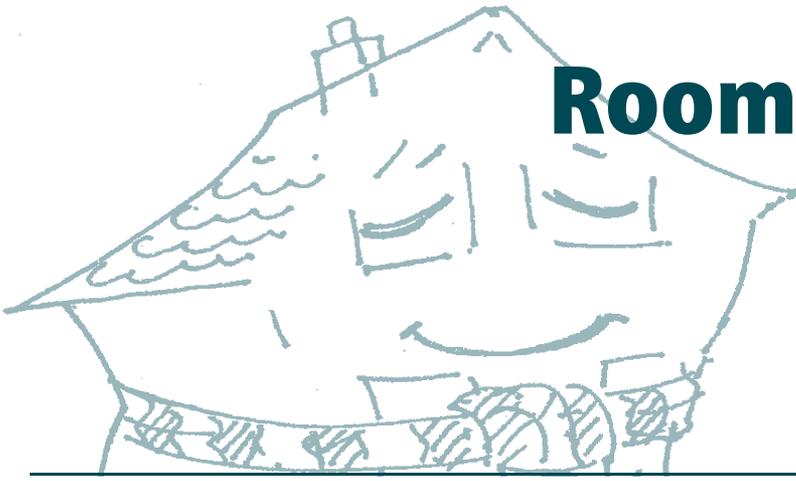


Room Thermostat



What is this control?

This is a room thermostat. You will find it in the living room, hallway or dining room.

What does it do?

It controls the temperature of your whole home based on the temperature of the air around it.

When the air around it is warm enough, the thermostat sends a signal to the central heating pump and boiler to stop firing and circulating water around your pipes to your radiators. Your radiators will now cool down.

When the air around your room thermostat cools, the thermostat sends another signal to the central heating pump and boiler to start heating up water again to pump around the pipes to your radiators. Your radiators will now warm up again.

Throughout the day your radiators will feel cooler and warmer as the thermostat works to keep the home's temperature constant.

What should I set my room thermostat at?

It depends on you and your situation. If you are a pensioner, somebody who is housebound and doesn't get around very much or if you have young

children, then your room thermostat should be set at 21°-23°C (70°-73°F), otherwise 18°-21°C (66°- 70°F) is fine for healthy adults.

Keeping warm in winter can be difficult, especially if your home is not well insulated or your heating system is old and inefficient. And living habits can also make quite a difference. For the older generation, many of whom grew up in colder homes, a warm home is sometimes seen as an unnecessary luxury... Trouble is, doing without warmth in winter can actually damage your health: Take a look at the table to see why.

Indoor Temperature Effect on the Body

- Above 24° C (75° F)
No threat to elderly/chronically sick
- Above 18° C (65° F) No threat to fit adults and children
- Below 16° C (61° F)
Reduced resistance to respiratory infections
- Below 12° C (52° F)
Increase in blood pressure and thickness (risk of circulatory & heart disease, can be fatal)
- Below 9° C (47° F) After two hours, deep body temperature starts to fall (leads to hypothermia, can be fatal)

If you find it hard to keep warm at home, there's now an easy way to put the problem right: The Council have a scheme to guide residents through the maze of energy saving information and products. Call East End Energy Savers on 02007364 2525 and one of our qualified Energy Advisors will visit to assess your home's requirements and give you one-to-one advice on how to get the most out of your heating system. There are grants available, discounts on insulation and heating works and interest-free loans to help spread the cost.

How does the room thermostat effect the thermostat on the radiator?

You may also have a thermostat on the end of your radiators. If you have a room thermostat and a radiator thermostat, generally the room thermostat is the overall 'boss'. If the room thermostat is set to 18°C (66°F) the overall temperature in the house will never go above that temperature even if you set all the radiator thermostats to maximum.

What should I do if I have a room thermostat in the same room as the radiator thermostat?

If you have a **radiator thermostat** (found on the end of the radiator) and a **room thermostat** in the same room, the temperature in that room will never get above the lowest setting requested by either thermostat.

For example, if you have the room thermostat set to 21°C/70°F but the radiator thermostat is on a low setting, the radiator will cut out when it has reached the low

temperature requested for by the radiator thermostat. The room, however, may never actually reach 21°C/70°F requested by the room thermostat, although the rest of the home may have done so. This will result in the boiler firing continually.

To ensure that your heating system is working most efficiently it is best to set the room thermostat to one of the previously mentioned recommended settings and the radiator thermostat on **maximum**.

My living room never gets warm enough. I have the radiator thermostat set on maximum all the time. My room thermostat in the hall is set at 16°C. I don't like my bedroom to be too hot. What should I do?

Turn up the room thermostat in the hall to 18-21°C (66-70°F). The living room should get warmer now. Turn the radiator thermostat in your bedroom to a low setting so that the bedroom does not get too hot.

If I turn up the room thermostat to a high setting will it heat up the room quicker?

No, turning it up will not heat the room up quicker, it will just heat it to a higher temperature which may mean you're wasting money and energy.

