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proper heating and ventilation
tips for saving money and
establishing a healthy indoor climate

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Temperature and humidity are very important concerning how comfortable we feel in our own home. By heating and ventilating properly you can not only avoid health risks caused by mould but also save energy and lower your heating expenses significantly.

Modern building materials and windows with heat-absorbing glass are common practice in apartments nowadays. Insulating has become better and better. That's how a significant amount of energy and therefore money can be saved. But on the other hand, this means the humidity of the air inside can't escape as easily any more. It has to be removed by ventilating regularly.

If the humidity of the air gets too high, walls become less effective at insulating. Humid air also feels colder than dry air. That's why having a high humidity in your apartment is closely linked to having to put on the heating more often to achieve a comfortable temperature. A dry indoor climate is more pleasant and saves costs for heating.

Mould already forms at a humidity of 70 %. A well-ventilated apartment shouldn't have a humidity higher than 55 %.

proper heating

Warmth in apartments shouldn't permanently fall below temperatures of 18 to 21°C. At night the temperature in general can be lowered. But never fully turn off your heating – not even if, for example you were going on holiday. Because your apartment cooling down and reheating is usually more expensive than keeping the temperature at an average level.

Also choose the fitting temperature for each room individually. For example, for a living room and kitchen a temperature between 19 and 21°C is advised. Bathrooms on the other hand should be a bit warmer – at 21 or up to 23°C. That said, bedrooms create a pleasant sleeping environment at a temperature of about 18°C.

Note that even in storage rooms and pantries the temperature shouldn't fall below 14 to 16°C, because otherwise moisture may condense in these rooms.

proper ventilation

It is advised to do a shock ventilation 2 to 3 times a day for about 5 to 10 minutes by opening windows on opposite sides of your apartment (not just tilting the windows) while also leaving the connecting doors open. Bedrooms should be ventilated right after getting up in the morning. Just like that the bathroom should be ventilated immediately after showering or taking a bath and the kitchen after cooking.

By doing this about 10 litres of humidity, which are approximately produced daily by a 4-person household, can be effectively removed. Otherwise moisture collects at cold parts of the building (e.g. in cold corners of the room or window lintels). The risk of mould forming there therefore increases drastically. Generally applies: the colder it is outside the shorter you need to ventilate.