

# *Student Housing*

## HEATING CONTROLS & ENERGY SAVING

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## Understanding The Controls

If you've just moved into your new home and are confused by your heating controls you're not alone! 4/10 students advise us that they don't understand how to use the heating system!

There are a lot of ways a home can be heated by either electricity, gas, hot water, convection or storage heating! In our properties the most common heating system is a gas boiler, heating water to ensure **radiators are hot!**

Firstly we need to work out what type of **heating control** you have at your house! Use the images and pages below to select the *relevant control!*



Digital Thermostat



Digital Programmer



Analog Thermostat

# Using a Digital Thermostat

A digital thermostat will display the current temperature in the room. It also allows control of the boiler, by increasing the temperature on the thermostat the boiler will turn on and provide new hot water to the radiators around the house, decreasing it will turn the boiler and radiators off.

**Digital Thermostats** will have 2 buttons, an up and a down button. The main display will show you the current temperature of the house. Pressing the up button will set the target temperature. (You should see a little flame to indicate the boiler has turned on)

If you set the temperature below the currently displayed temperature, the house will drop the the new target temperature, and turn back on when below target temperature.

## DID YOU KNOW:

Room temperature is 18°C, if you're cold we recommend increasing the temperature to a maximum of 21°C. Increasing the temperature to **maximum** will not heat the house quicker. We recommend you keep the temperature on 20°C thought the day (when you're home) and 18°C over night when you're sleeping.



# How to use a Digital Programmer



1

**Thermostat**  
Sets Temperature



2

**Programmer**  
Sets Operation Time



3

**Boiler**  
Heats Radiators

Digital Programmers are slightly *more complex to use*. They allow you to set a series of times during the day that you want the heating to turn on and off. They allow you to set the heating to come on when you wake up early on weekdays or weekends and off when you leave the house - **helping you stay within your bill allowance!**

A digital programmer will normally rely on a thermostat, we recommend you leave the thermostat on 20°C. The house will then heat to 20°C during the hours you've programmed the heating to be on. (*If the temperature of the room is above the target temperature set on the thermostat, the heating will not turn on as you're already at target temperature!*)

During the summer we don't recommend using the heating at all, over the winter we'd suggest leaving it on for 2 hours in the morning, 2 in the middle of the day and 3 in the evening.



**FACT:** Maintaining a close constant temperature between 17°C and 21°C in the home will reduce risk of condensation forming. By allowing the house to get very hot, then cooling down drastically can even cause mould to grow!

# USING AN ANALOGUE THERMOSTAT

Analogue thermostats simply set the target temperature, if you place the thermostat to 21°C the boiler will turn on to heat the room to the target temperature of 21°C.

When adjusting the thermostat, you may hear a little click, this click indicates the current temperature of the room.

18°C

Room Temperature

21°C

Recommended Max Temperature

15°C

Recommended Min Temperature

## SET YOUR TARGET

**Remember: We suggest 21°C as a max target temperature**

Use your thermostat to set a target temperature for the room, the heating will turn on to heat the room, the thermostat will constantly test the temperature of the room. Once the target temperature has been met, the heating will turn off.

## REVIEW AT NIGHT

**Don't forget to lower your thermostat at night!**

Studies have shown that sleeping in a room slightly colder than room temperature will aid REM sleep, allowing you to get a better and longer nights sleep! Make sure you turn your thermostat down before you go to bed!

## DON'T WASTE ENERGY

**Remember to turn your thermostat down when you're not home!**

Whilst all our properties benefit from 100% renewable energy (electricity), natural gas (the gas used to heat the water in the boiler) is a fossil fuel! If you're not home and don't need the heating on, please remember to turn your thermostat down!

# Heating & Energy Saving

## Other Controls

In your home you may also have other controls available to you. These controls can help you regulate the temperature further, by allowing you to adjust the temperature on a room by room basis or by simply cooling the room down!

**A** **Thermostatic Radiator Valves (TRV)** - As pictured below, a TRV allows you to adjust the temperature of that particular radiator and does not effect any other room in the property.

**B** **Opening Windows and Doors** - Opening windows and doors will allow a circulation of fresh air, cooling your room down! Opening bedroom or garden doors will also help cool the property down. Remember to close them when you're not home!

**C** **Curtains & Blinds** - You can get heat from natural sources like the sun! By opening curtains and blinds this will allow the sun into your room providing a natural heating! Closing them and creating a dark space will cool the room down!

**D** **Heaters & Fans** - Due to fire regulations we're not able to allow you to supply your own electric or oil filled heaters, we can however allow you to place an electric fan in your room! Allowing movement of air and cooling you down in those summer months!



# Heating Controls Jargon Busting

Understanding the jargon and terms behind heating controls can be a mission in itself! Use the below to help you understand your heating control device. Remember you can always search the model number online and download PDF instructions from the manufacturer!

## AUTO

The heating will go on and off according to the programme set.

## 24 HRS

The heating stays on all the time

## ON

The heating stays on all the time

## OFF

The heating will remain off all the time.

## BOOST

Turns heating on for 1hrs as a 'boost'

## +1 HRS

Turns heating on for an extra hour per press as a heating 'boost'

## ADVANCE

Moves to the next event in the programme

## ALL DAY

Heating will start on programme start and finish at end of the day



# *Student Housing*

**Help & Advice:**

[info@Student-Housing.co.uk](mailto:info@Student-Housing.co.uk)

**Report Maintenance:**

[www.Student-Housing.co.uk/Fix](http://www.Student-Housing.co.uk/Fix)