

BRF VIP Logen

How to keep warm in your apartment

We are all different and experience cold and drafts very individually. The association strives to maintain a temperature of 21 degrees

Government authority recommendations

Normally, the apartment should maintain at least 20 degrees. If you are older or sick, it should be 22 degrees. The floor area should be at least 16 degrees.

When cold weather strikes, it can become a bit colder in the apartment during a transition period. But there are also some things you can do yourself to ensure that the heating regulation works optimally. We have collected some tips that contribute to a comfortable indoor temperature.

You can to some extent regulate the heat yourself in your apartment via the thermostat on the radiator. However, the maximum temperature is set to 21–22 degrees. This is the thermal comfort included in the fee.

How does the heating work?

Mainly, the apartment is heated by air sent to each apartment via the ventilation. Hot water from the district heating network circulates in the building with the help of circulation pumps.

When it gets warmer outside, our circulation pumps that pump water around the radiators stop and start again automatically when the temperature drops. This means that the heating system might not start until the temperature goes down (which might be during the night).

The heat is distributed in the apartment by sending hot water to the radiators. A thermostatic valve on the radiator then ensures that the right amount of hot water is released in relation to the room temperature, which is set to a maximum of 21–22 degrees when the temperature is measured 1 meter above the floor, in the middle of the room.

So, no one chooses when the heat should be turned on, but the system works automatically based on the prevailing temperature.

Keep the heat in your apartment

When the temperatures drop below zero, it can become a bit colder in the apartment during a transition period. Especially during periods when there are large temperature differences between day and night outdoors. There are some things that you should consider to ensure that the heating regulation works optimally in your apartment. Here are some tips that contribute to a comfortable indoor temperature.

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Furnish wisely

Both thermostatic valves and radiators need free circulation. Therefore, do not decorate with furniture or heavy curtains in front of them – they prevent the heat from flowing out into the room. Also, avoid heat-emitting appliances too close to the thermostat. The heat from, for example, a TV can cause the thermostat to **turn off**. If you want to furnish in front of a radiator, make sure there is an air gap of at least **20 cm**

FURNISH LIKE THIS



NOT LIKE THIS



Turn off the kitchen fan immediately after cooking

If the fan is on when not needed, it can contribute to the heat being pulled out of the apartment..

Check that the windows are tight hold

Hold your hand or a piece of paper in front of the window gap. If it's drafty, contact our technical manager who will help to seal the window.

Ventilate correctly

When you air out the room, do it quickly and efficiently, preferably with cross-ventilation for a maximum of 10 minutes. Cold air from a slightly open window cools down the apartment and also affects the thermostatic valve, which then allows more heat to the radiators without actually making the apartment warmer.

Check the temperature a bit into the apartment

To get an accurate value, use a good thermometer and measure in the room's so-called stay zone, at least 1 meter from the wall. Near an outside wall or window, the temperature can be misleading.

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What do I do if I freeze?

During the summer, the indoor temperature can be up to 25 degrees. When the indoor temperature drops to around 21 degrees in autumn, it may feel cold in the apartment because it's the change you're experiencing. The heat starts gently according to need, which means that the temperature of the radiators can be 24–28 degrees. Your hand has a temperature of about 30 degrees. If the radiator is not warmer than your hand, we perceive that no heat is coming from it, but it does. It's easy to believe something is wrong, but the most important thing is that the air temperature in the apartment is 20–22 degrees. However, if you want it warmer than the degrees we provide, we can recommend you to buy an extra heating element.

Turn the thermostat a few times

A normal radiator is hotter at the top than at the bottom. The colder it is outside, the warmer the radiator feels. Sometimes, however, there can be a blockage in the thermostat control. If your radiator does not get warm in winter, you can turn the thermostatic valve all the way up and back a few times.

Bleeding the Radiators

Bleeding of radiators should never be done on your own. If you've tried all the tips above and still measured an indoor temperature below 20 degrees, contact the association's technical manager to help with bleeding the radiators as a last resort. If the bleeding is not done correctly, it can lead to the building's heat exchange system losing water. This is particularly critical in our association (BRF VIP-Logen) as we have very many floors. When the amount of water decreases in the system, it becomes harder to pump enough water to the upper floors, resulting in insufficient heating for those living high up in the building.

In other words, when you bleed the radiators yourself, there is no one to replenish the corresponding amount of water in the substation, and you risk making it colder for your neighbors.

