

Comfort methods that save energy



Type	Using	Temperature	Advice	Tips
Building which use natural ventilation have been shown to use much less energy than those which rely of a/c or heating	Windows	Cold	If the temperature is dropping outside guests should be advised to close windows at the right time	In summer the coolest part of the days can be dawn. In winter the warmest part of the day can be around mid day
	Windows	Mild	If the temperature is	
	Windows	Warm	In the winter if the temperature is warming up outside guests can open the windows instead of using heating	
	Windows	Hot		
	Doors	Cold	Opening doors can help promote cross breeze to cool accommodation	
	Doors	Mild	Opening doors can provide extra fresh air	
	Doors	Warm	Opening doors can help help heat up accommodation	
	Doors	Hot	Closing doors early can prevent hot air from outside entering the accommodation	
	insert your ideas			
	insert your ideas			
Drafts cause significant heat loss	Draft excluder	Cold	Stop drafts by offering a draft excluder to guests	Add a thermal backing to your curtains
	Draft excluder	Hot	Stop hot air coming into the accommodation with a draft excluder	
	Curtains/Blinds	Cold	Closing curtains early to avoid room heat loss	
	Curtains/Blinds	Hot	Closing curtains to keep rooms cooler in hot weather	
	insert your ideas			
Help guests adapt by giving them alternative ways of keeping warm or cool	Bed rug	Cold	Offer attractive bed rugs so guests don't have to use electric bed blanket	When people become active their body temperature rises. Recommend healthy fun things to do. When they have a cool/warm shower they percieve the air temperature to be lower/higher
	Sofa Rug	Cold	Provide attractive natural fibre sofa rug so guests use heating later	
	Thicker Clothing	Cold	Recommend weather warmer natural fibre cloths - you can also recommend this in 'What to Pack'	
	Lighter Clothing	Hot	Recommend weather cooler natural fibre cloths - you can also recommend this in 'What to Pack'	
	Walking/Jogging	Cold	Invite guest to take some activity (naturally will warm them up)	
	Short shower	Cold	A quick 2 minute shower can warm a guest up rather than leaving heating on	
	Short shower	Hot	A quick 2 minute shower can help cool a guest down rather than putting the a/c on	
	Veranda	Hot	If the veranda offers shade and there is a shower this can help guests feel cooler	
	Ice from Freezer	Hot	Keep ice lollies in freezer and offer to guests in time of high temperatures	
	Bicycles	Cold	Suggest guest go for a fun bike ride which will have the benefit of warming them up	
insert your ideas				
insert your ideas				
insert your ideas				
Recommend a range of collective actions	Warm Retreat	Extreme Cold	For larger accommodation encourage guests for focus on one room to make a warmer and cosy. Focusing resources on one area will be more efficient	Combine actions offer free ice lollies/hot chocolate
	Cool Retreat	Extreme Hot	For larger accommodation encourage guests for focus on one room to make it cooler and healthier. Focussing resources in one room will be more efficient	
	insert your ideas			
Provide technical advice when to use facilities linked to time of day and season encourage more efficient use	Ceiling fans	Cold	Using fans at lowest level with heating circulates warm air more effectively	Remember guests will be unfamiliar with the controls, it is helpful to guide them, they will thank you for it
	Ceiling fans	Warm	Using fans at low/medium level can give guests the impression of a 2C cooler temperature	
	Ceiling fans	Hot	Offering guests use fans at medium/high level can give them the feeling of control, so preferring this lower energy method to cool down	
	Wood Fire	Cold	Advising guests to start fires early avoids late use and over feeding fire	
	Wood Fire	Mild	Advising guests to wisely use wood avoids over heating which is unhealthy	
	Central Heating	Cold	Recommend suitable temperature setting and time of day to start/turn off	
	Central Heating	Mild	Recommend natural ventilation and other behaviour tips above	
insert your ideas				
Using ceiling fans with a/c saves energy, circulating air effectively	Air Conditioning	Cold	Recommend to set at 21-22C medium fan rate and use with ceiling fans	You can limit a/c use by offering healthy alterantives
	Air Conditioning	Mild	Recommend natural ventilation and other behaviour tips above	
	Air Conditioning	Warm	Recommend natural ventilation and other behaviour tips above	
	Air Conditioning	Hot	Recommend to set at +23C medium fan rate and use with ceiling fans	
	insert your ideas			
Interior design helps guests make more eco-friendly choices	Colours	Cold/Mild	Warm colours give guests a sense of warmth	Add seasonal colours/fabrics to warm/cool rooms
	Colours	Warm/Hot	Cool colours give guests a sense of coolness	
	Fabrics	All	Synthetic fabrics and materials often do no offer same flexibility for human comfort	
	Floors	Cold/Mild	Provide rugs in cooler temperatures	
	Floor coverings	Warm Hot	Offer tiles for warmer climates	
	insert your ideas			
insert your ideas				
insert your ideas				