

HOW TO KEEP YOUR ACCOMMODATION WARM



In Sweden, the winters can be very cold with temperatures below zero degrees. It can be difficult to maintain a constant temperature indoor since the temperatures outdoor may change quickly – the days may be warm while the nights may be cold and windy.

According to Swedish tenancy law the indoor temperature should be minimum 18°C in the room/apartment and 16°C on the floor.

Below are a few easy-to-implement tips to keep your apartment warm:

Furnishing

It is important that the air around the radiators can circulate in order to spread heat to the rest of the room. Place the furniture with some distance from the radiators since furniture close to the radiator may reduce the heating of the room/apartment. Avoid that long and heavy curtains cover the thermostat, since they will make the thermostat think that the temperature in the room is higher than it actually is. Carpets on the floor are also a good thing in order to keep your room/apartment warm.

Close the windows – and keep them closed

Always keep the windows closed. The biggest source of radiant heat loss in a room/apartment is usually the windows. If you want to get some fresh air into the room/apartment, it is better to fully open the windows for five minutes instead of leaving one window open for a long time. If a window or balcony door is left open for a long time, both the room and its furniture will get cold. If you prefer sleeping in a cold room – turn down the heating instead of sleeping with an open window.

Always close the front door behind you

Remember to close the front door of the building behind you when you go in and out, especially when it is cold outside. If you leave it open, heat will escape from the building.

Venetian blinds

If there are venetian blinds, closing them during nighttime conserves the heat. Pull up the blinds during the day to make use of the heat from the sun.

At last but not least...

Everyone is different, and what one person considers as a comfortable temperature can be too hot or too cold for someone else. If you are feeling cold, try using slippers or other indoor footwear and wearing several layers of thin clothing preferably made from wool, cotton or fleecy fabrics. It may make you feel a bit warmer.

Feel free to contact us!

If your room/apartment is very cold and the temperature indoor is below 18 degrees for more than one day – do not hesitate to contact us.

Please fill out the maintenance form on our homepage and we will get back to you.



**Karolinska Institutet
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