

Programmable Thermostats - Underfloor Heating User Guide

Principle of Operation

Ideal Temperature Settings for a 6-Period Time Program

This guide provides recommended temperature settings for a 6-period programmable thermostat specifically designed for, but not exclusively, underfloor heating. Underfloor heating provides optimal comfort and energy efficiency by setting specific temperatures throughout the day in different rooms, such as the living room and bedroom.

Thermostat Time Periods

A 6-period time program lets you customise temperature settings for various times of the day.

Tips for Effective Use

Adjust to Preferences:

These settings are only guidelines; feel free to adjust temperatures based on personal comfort and specific needs.

Set It and Forget It:

Once you program your thermostat, it will automatically adjust, so there's no need to manually change it daily.

Consider Heat-Up Times:

Underfloor heating can take time to reach the set temperature, so schedule each period slightly earlier to ensure the room is warm when needed.

Optimise for Energy Savings:

Lowering temperatures during unoccupied periods can significantly reduce energy costs while maintaining comfort at home.

By following these recommendations, you can maximise the comfort and efficiency of your underfloor heating system throughout the day. Adjust as needed based on seasonal changes and personal preferences.

Recommended Temperature Settings

Living Room (Common Area)

The living room is typically the main area for relaxation, so it's ideal to maintain a comfortable temperature here during active hours.

Period	Suggested Temperature	Description
1: from 5am	21°C	Start your morning at a comfortable temperature as you prepare for the day.
2: from 9am	18°C	Reduce the temperature during the day to save energy when the room is unoccupied.
3: from 4pm	20°C	Preheat the room in anticipation of your arrival for evening comfort.
4: from 6pm	21°C	Slightly warmer temperature for relaxation during the evening.
5: from 9pm	20°C	Lower the temperature at night to save energy.
6: Overnight	18°C	Maintain a minimal temperature during the late hours.

Bedroom

In the bedroom, a slightly cooler temperature is often preferred, especially at night, to promote restful sleep.

Period	Suggested Temperature	Description
1: from 4am	18°C	A comfortable setting for getting out of bed in the morning.
2: from 9am	16°C	Reduce the temperature when the room is empty during the day.
3: from 6pm	17°C	Set a minimal but comfortable temperature for early evening.
4: from 8pm	18°C	Maintain a slightly warmer setting for evening relaxation if using the bedroom.
5: from 10pm	16°C	Cooler temperature for optimal sleep.
6: from 11pm	15°C	Minimal setting to save energy during late hours.