

It's that time of year again; it's hot, hot, hot outside and inside we're all freezing to death

Why is it that people feel the need to set the AC gauge to 10 degrees or less so that we all end up wrapped in pashminas when it's 40+ outside?

Far too often air conditioning is seen as a system to make a room cold. The main aim of air conditioning is to make the room comfortable. If there is an outside temperature of 32 degrees, walking into a room set at 18 degrees is too much of a change. Ideally you should have the room temperature set at a level that feels neither hot nor cold.

Studies between those who have worked for prolonged periods in air conditioned offices and those who work outdoors, have consistently shown that the people exposed to air conditioning are more susceptible to colds, flu and other minor ailments, such as sinus problems, dry skin and even arthritis.

It has also been proven that the body undergoes a certain amount of stress when it is forced to go from a boiling hot environment into an air-conditioned one. This can affect your resting heart rate and in some cases cause palpitations.

There is absolutely no reason why anyone's AC unit should be set any lower than 23 or 24 degrees. This is room temperature and is perfectly cool enough to be comfortable in the summer heat.

Did you hear that Mr 10 Degrees?

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