

Winter Air Conditioning Heating Settings

We write in respect of setting your air conditioning system for heating in the winter months. Incorrect settings will affect the performance and running of your air conditioning system in heating mode.

The most frequent mistake made is setting the temperature too high. Experts agree that a comfortable room temperature is between 20 and 22 degrees. Most people think that by setting the temperature higher than this, the room will get warmer quicker. This is not the case as the systems will not work any harder or faster and in fact causes problems...

We recommend that during the day the unit is set between 20 - 22 degrees on high fan. Also that you do not turn your system off overnight or over the weekend, as this may be false economy as the fabric of the rooms will lose the heat gained and have to start again the following morning / Monday morning, heating the core structure (bricks etc). By leaving the system on at a lower temperature out of hours the rooms will maintain a temperature of 16 to 18 degrees, thus giving the system less work to do and therefore less energy required when the temperature is turned up during working hours.

Please be aware that your systems may go into defrost mode occasionally during the day. At this point the indoor unit will appear to stop heating. This is normal operation and it should last between 5 and 10 minutes, at this point the outdoor condenser unit will be defrosting. Once defrosted the indoor unit will start again and continue to heat.



Please see below the settings and running pattern we recommend for your systems in winter conditions.

Daytime Working Hours

Mode: Heat

Temperature: 20-22°C

Fan Speed: High

Night / Out of Hours

Mode: Heat

Temperature: 16-18°C

Fan Speed: High

Setting your system to 25°C+ may cause it to freeze!