

Temperature controls

Hot water and central heating control pad are normally on the boiler itself

Known as the room thermostat which control the temperature of the whole property is normally in the hallway

Radiator thermostats control the room temperature where the radiator is positioned normally on the side of radiator itself

A guide to average room temperatures and thermostat settings

The average room temperature in a UK home during the winter season is roughly 18°C, while central heating thermostats are generally set to around 20°C. Of course, that is just the tip of the iceberg when it comes to how we heat our homes. In this guide we will give you a quick summary on how we heat our homes in the UK.

What is a typical living room temperature in winter?

Although average internal temperatures have risen dramatically, the reality remains that some people keep their homes hot, some keep them cold and most of us are somewhere in the middle. In the chart below we can see the distribution of living room temperatures. Although the bulk of homes reside in the sensible 18-21°C range, there are a surprising number of homes with unnecessarily hot and cold living rooms

What is a healthy room temperature?

The basic level of warmth required for a healthy and well-dressed person is 18°C. This standard is recognized by the World Health Organization and is the minimum standard in the latest UK cold weather plan.

What is a typical thermostat setting?

The average thermostat setting in the UK is 20.1°C Perhaps it is a simple number to remember, or perhaps it just feels about right, but by far the most popular setting in a recent survey of homes was 20°C. In fact, it seems that we like round numbers, as both 15°C and 25°C seem to slightly buck the quite natural looking bell curve. 30°C is also a remarkable outlier.

How many hours a day do we heat our homes?

Although it is quite normal for UK homes to set their thermostat at around 20°C, most households do not keep their heating on 24 hours a day – that would result in higher heat loss and hence much bigger bills. In fact, on average, UK homes are heated for around eight hours per day in winter; ten hours per day for homes that just have one heating period and seven hours for the more typical two heating's. The average setting for a thermostat in the UK is 20.1°C.

When do we heat our homes?

About 70% of UK homes with central heating heat their homes twice per day, and then occasionally boost the heating when required. This is a quite natural approach as it provides warmth when required, in the morning and evening, but limits heat loss during evenings and when people are at work. The peaks are around 7am and 7pm.

Make the most of your heating

Ultimately, the purpose of your heating system is to keep you warm. And as we can see from the data, for most people this means having a temperature between 18-21°C. The key to doing this on a budget is creating warm spaces for when you'll use them, like having the heating on in your living room when you plan to watch a movie – but not when you're in bed or at the shops. This way you get comfort when you need it most, and minimize costs when you are away, sleeping or not using a room. It is also worth checking, of course, that you are not paying too much for gas.