

Newsletter: Importance of temperature control in well-being and productivity

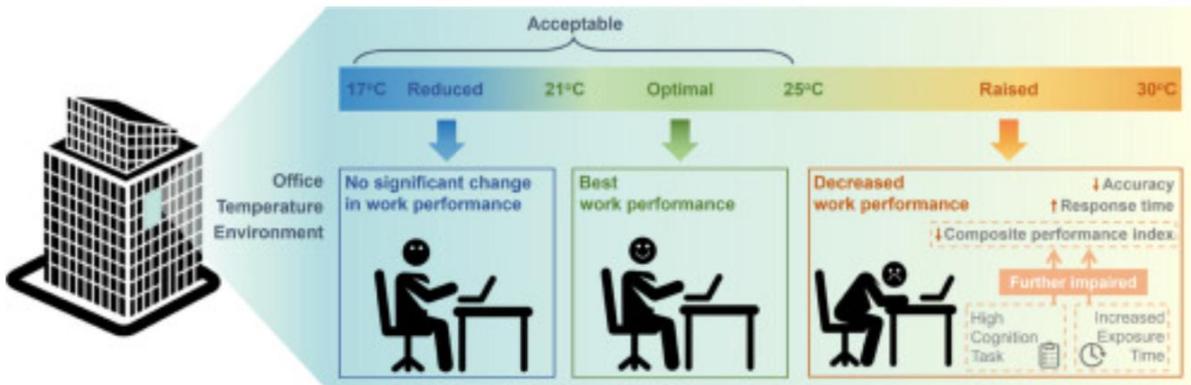
The right workplace temperature is essential for employees' mental health, affecting their comfort, focus, and overall well-being. A workspace that is too cold can increase stress and distraction, while excessive heat can cause fatigue and irritability, reducing productivity.



A [2011 study](#) showed a 4% reduction in office performance at cooler temperatures and 6% in warmer temperatures. Even just having control over the temperature leads to better cognitive performance: a 3% improved logical thinking performance and a 7% improved typing performance was seen in another study. Overall productivity increased 3% when occupants were given control over temperature in yet another study. Even small changes in productivity influence the bottom line of companies, so taking thermal comfort of employees seriously should be an important factor in any business.

Employees who work in an environment with sustained hot temperatures can suffer from heat stress, while those working in cold or fluctuating temperatures are more susceptible to illness.

Humidity levels can also affect health. Relative humidity levels below 20% can cause discomfort through drying of the mucous membranes and skin, while relative humidity levels above 70% can lead to the development of mould and fungi which can be detrimental to a person's health.



At Novus, we offer a full range of climate control solutions, from energy-efficient air conditioning and heat pumps to advanced ventilation and air quality systems, ensuring optimal workplace conditions.

By maintaining the ideal temperature - typically around 20-22°C (68-72°F) - our suite of solutions helps create a comfortable, healthy environment where employees can thrive, enhancing both mental well-being and business performance.

