Basically prompt for introduction and abstract

Problems?

1. Imagine coming from an extremely cold climate to a preheated room which is set by some hard coded or rule based controller to 24 C. What would happen?. You would start sweating instantly. Because of the sudden change in the environment you would instantly start taking your clothes/jacket/seater off to get thermally comfort. Similarly think the opposite when its extremely hot outside and you enter a cold room again that would not be the right temperature for you.
2. When there is extremely cold outside and you enter a preheat room that lets say is set to 24 C compared to very low outside temperature that is lets say below 10 C.
3. Firstly that would not be the right indoor temperature for you so you wont be thermally comfortable that is supposed to be the only purpose of heating or cooling system installed. It that time you would be comfortable even in a very less temperature lets say 20 C.
4. Secondly that high temperature that was present would be consuming a lot of electrical energy is the conditioning or temperature is maintained by electrical temperature control system or gas if it is maintained by gas heating system (through water)
5. Thirdly this sudden temperature change is not good for your health as well.

So you are in loose loose situation here as neither you are thermally comfortable nor you are financially comfortable as you will end up getting a lot of electricity or gas bills plus the compromise on health obviously

Raw

1. [A sudden drop in temperature from hot to cold can be harmful to the human body, especially for people who have chronic cold-related problems](https://www.bing.com/ck/a?!&&p=e9115d71b93b07c8JmltdHM9MTcxMjk2NjQwMCZpZ3VpZD0wZDYzMGQ4ZS1mNzk0LTZiYjktMmJkZi0xOTljZjY3NDZhMWQmaW5zaWQ9NTc0OQ&ptn=3&ver=2&hsh=3&fclid=0d630d8e-f794-6bb9-2bdf-199cf6746a1d&psq=sudden+temperature+change+effects+on+body&u=a1aHR0cHM6Ly90aW1lc29maW5kaWEuaW5kaWF0aW1lcy5jb20vbGlmZS1zdHlsZS9oZWFsdGgtZml0bmVzcy9oZWFsdGgtbmV3cy9hbGVydC1zdWRkZW4tY2hhbmdlLWZyb20taG90LXRvLWNvbGQtY2FuLWJlLWhhcm1mdWwtdG8teW91ci1oZWFsdGgvYXJ0aWNsZXNob3cvNjkzNTQ5MTguY21z&ntb=1)[**1**](https://www.bing.com/ck/a?!&&p=25c295a176993276JmltdHM9MTcxMjk2NjQwMCZpZ3VpZD0wZDYzMGQ4ZS1mNzk0LTZiYjktMmJkZi0xOTljZjY3NDZhMWQmaW5zaWQ9NTc1MA&ptn=3&ver=2&hsh=3&fclid=0d630d8e-f794-6bb9-2bdf-199cf6746a1d&psq=sudden+temperature+change+effects+on+body&u=a1aHR0cHM6Ly90aW1lc29maW5kaWEuaW5kaWF0aW1lcy5jb20vbGlmZS1zdHlsZS9oZWFsdGgtZml0bmVzcy9oZWFsdGgtbmV3cy9hbGVydC1zdWRkZW4tY2hhbmdlLWZyb20taG90LXRvLWNvbGQtY2FuLWJlLWhhcm1mdWwtdG8teW91ci1oZWFsdGgvYXJ0aWNsZXNob3cvNjkzNTQ5MTguY21z&ntb=1). [This sudden change in temperature can dry your skin, the mucus membrane, eyes and cause asthma attacks, muscular pains, sinusitis, heat exhaustion, heat stroke, anxiety, impaired cognitive function and even premature death from heart and lung disease](https://www.bing.com/ck/a?!&&p=2cab33d829309f1dJmltdHM9MTcxMjk2NjQwMCZpZ3VpZD0wZDYzMGQ4ZS1mNzk0LTZiYjktMmJkZi0xOTljZjY3NDZhMWQmaW5zaWQ9NTc1MQ&ptn=3&ver=2&hsh=3&fclid=0d630d8e-f794-6bb9-2bdf-199cf6746a1d&psq=sudden+temperature+change+effects+on+body&u=a1aHR0cHM6Ly90aW1lc29maW5kaWEuaW5kaWF0aW1lcy5jb20vbGlmZS1zdHlsZS9oZWFsdGgtZml0bmVzcy9oZWFsdGgtbmV3cy9hbGVydC1zdWRkZW4tY2hhbmdlLWZyb20taG90LXRvLWNvbGQtY2FuLWJlLWhhcm1mdWwtdG8teW91ci1oZWFsdGgvYXJ0aWNsZXNob3cvNjkzNTQ5MTguY21z&ntb=1)[**1**](https://www.bing.com/ck/a?!&&p=aa550b24eda0c1c8JmltdHM9MTcxMjk2NjQwMCZpZ3VpZD0wZDYzMGQ4ZS1mNzk0LTZiYjktMmJkZi0xOTljZjY3NDZhMWQmaW5zaWQ9NTc1Mg&ptn=3&ver=2&hsh=3&fclid=0d630d8e-f794-6bb9-2bdf-199cf6746a1d&psq=sudden+temperature+change+effects+on+body&u=a1aHR0cHM6Ly90aW1lc29maW5kaWEuaW5kaWF0aW1lcy5jb20vbGlmZS1zdHlsZS9oZWFsdGgtZml0bmVzcy9oZWFsdGgtbmV3cy9hbGVydC1zdWRkZW4tY2hhbmdlLWZyb20taG90LXRvLWNvbGQtY2FuLWJlLWhhcm1mdWwtdG8teW91ci1oZWFsdGgvYXJ0aWNsZXNob3cvNjkzNTQ5MTguY21z&ntb=1)[**2**](https://www.bing.com/ck/a?!&&p=bc357a29dd63dd09JmltdHM9MTcxMjk2NjQwMCZpZ3VpZD0wZDYzMGQ4ZS1mNzk0LTZiYjktMmJkZi0xOTljZjY3NDZhMWQmaW5zaWQ9NTc1Mw&ptn=3&ver=2&hsh=3&fclid=0d630d8e-f794-6bb9-2bdf-199cf6746a1d&psq=sudden+temperature+change+effects+on+body&u=a1aHR0cHM6Ly93d3cuc2NpZW50aWZpY2FtZXJpY2FuLmNvbS9hcnRpY2xlL3doYXQtY2xpbWF0ZS1jaGFuZ2UtZG9lcy10by10aGUtaHVtYW4tYm9keS8&ntb=1). [Changes in temperature may also increase a person’s susceptibility to catching a cold or other respiratory infection, and cause headaches and joint pain](https://www.bing.com/ck/a?!&&p=e44b1e7190f80766JmltdHM9MTcxMjk2NjQwMCZpZ3VpZD0wZDYzMGQ4ZS1mNzk0LTZiYjktMmJkZi0xOTljZjY3NDZhMWQmaW5zaWQ9NTc1NA&ptn=3&ver=2&hsh=3&fclid=0d630d8e-f794-6bb9-2bdf-199cf6746a1d&psq=sudden+temperature+change+effects+on+body&u=a1aHR0cHM6Ly9nbG9iYWxuZXdzLmNhL25ld3MvOTYzMTgxMC9oZWF0LWNvbGQtd2VhdGhlci1jYW5hZGEtaGVhbHRoLw&ntb=1)[**3**](https://www.bing.com/ck/a?!&&p=ed15711adf0b2ea0JmltdHM9MTcxMjk2NjQwMCZpZ3VpZD0wZDYzMGQ4ZS1mNzk0LTZiYjktMmJkZi0xOTljZjY3NDZhMWQmaW5zaWQ9NTc1NQ&ptn=3&ver=2&hsh=3&fclid=0d630d8e-f794-6bb9-2bdf-199cf6746a1d&psq=sudden+temperature+change+effects+on+body&u=a1aHR0cHM6Ly9nbG9iYWxuZXdzLmNhL25ld3MvOTYzMTgxMC9oZWF0LWNvbGQtd2VhdGhlci1jYW5hZGEtaGVhbHRoLw&ntb=1).
2. Specially target people with old age
3. Occupancy
4. Sleeping patterns