

## What should I do?

We actually don't know much about what levels are "good" or "bad" at present, but there are some practical steps that can be taken to improve your indoor environment.

- ▶ **HEATING IN WINTER** – Public Health England suggest heating your home to at least 18C, particularly for those who have to sit for long periods, have long term illness or are over 65. Please contact Cornwall's Winter Well-being service (0800 954 1956) if you have concerns about adequately heating your home and seek further information and advice;
- ▶ **INSULATION** – To avoid the impact of cold homes and risk of condensation/mould growth, all homes should have adequate wall and loft insulation;
- ▶ **VENTILATION** – To avoid possible problems with humidity and issues such as condensation and mould growth, it is important to adequately ventilate and heat your home;
- ▶ **HUMIDITY** – Humidity can be reduced by avoiding drying clothes indoors and ventilation, living in homes that are adequate for the size of your household. You can contact Coastline Housing to obtain further information;
- ▶ **INDOOR AIR POLLUTION** – Changing concentration of levels particulate matter (PM) and volatile organic compounds (VOCs) could involve things like ventilating or using different products. It is also important to ensure that any heating or ventilation systems are adequately installed and maintained. The things to be done will likely be dependent on your house and lifestyle.

For more guidance on improving indoor air quality see the British Lung Foundation website (<https://www.blf.org.uk/support-for-you/indoor-air-pollution>) which has some practical solutions.

## What do I do if I am concerned?

Please feel free to speak to one of our Smartline team or contact us if you have any concerns about the data from your sensors. We are more than happy to explain the findings for your house with you.

Email: [smartline@exeter.ac.uk](mailto:smartline@exeter.ac.uk) / Tel: 01872 258140



For more information please visit us at:  
[www.smartline.org.uk](http://www.smartline.org.uk)



## Learning About Your Home

Sensor data analysis

We grouped 233 homes by typical characteristics within those households. You should be able to identify your home as similar to one of the groups. Your home might not fall exactly into one of the groups, but you can use the information across two groups that are both similar to your home.

- A** One working-age adult, living in a flat, who heats and ventilates in few rooms
- B** One or two working-age adults, living in a flat, who heat and ventilate in most rooms
- C** One or two working-age adults, living in a flat with low levels of insulation
- D** Two or more working-age adults, living in a house, who spend less than 20 hours a day indoors
- E** One or two working-age adults with children aged from 0 to 17
- F** One adult aged 66+, living in a flat, who spends more than 20 hours a day indoors
- G** One adult aged 66+, living in a house or bungalow, who spends less than 20 hours a day indoors

### How to compare my readings to others?

For each home type group, averages are given for the sensor readings during the month of October. The averages are given for different times of day: **Overnight is 10pm to 6am, Daytime is 6am to 4pm, and Evening is 4pm to 10pm.**

You can compare your sensor readings on RealTime to the averages shown – but clearly different people and houses will have some differences between them. **To help with this, we also show using the black bar the normal variation in the group.** If your reading falls on this then it may be just that your house is a bit different from others. Even if your reading is very different, it does not necessarily mean you should be concerned. **Readings can be affected by a large range of factors, including pets, vacuuming habits, smoking inside, and drying clothes on radiators.**

