**Comfort variables**

Comfortable:

**Temperature:** According to the West Midlands Public Health Observatory (UK),[1] 21 °C (70 °F) is the recommended living room temperature, whereas 18 °C (64 °F) for bedroom temperature. Study on indoor air quality and subjective indoor air quality (SIAQ) at University of Uppasala (Sweden), [2] says it should be below 22.0 °C (71.6 °F).

**Sound:** WHO guidelines for community noise recommend less than 30 A-weighted decibels (dB(A))

**Light:** More than 100 lux and less than or equal to 200 lux

References:

[1] Roberts, Michelle. Why more people die in the winter. British Broadcasting Corporation. Retrieved January 27, 2008.

[2] Norbäck, Dan. Subjective Indoor Air Quality in Schools - The Influence of High Room Temperature, Carpeting, Fleecy Wall Materials and Volatile Organic Compounds (VOC). Blackwell Synergy. Retrieved January 27, 2008.

[3] Hurtley, C. ed., 2009. Night noise guidelines for Europe. WHO Regional Office Europe.

[4] Brown, T., Brainard, G., Cajochen, C., Czeisler, C., Hanifin, J., Lockley, S., Lucas, R., Munch, M., O'Hagan, J., Peirson, S. and Price, L., 2020. Recommendations for healthy daytime, evening, and night-time indoor light exposure.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7828303/