

Should my Underfloor Heating be left on all day?

ukunderfloorheating.co.uk/should-my-underfloor-heating-be-left-on-all-day

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There are a huge number of benefits to installing and using underfloor heating in your home. Firstly it gives you greater control over which rooms receive certain levels of heat at certain times of day, and secondly it provides energy efficient, direct heat as and when you need it. This can be time and temperature controlled using a programmable thermostat that connects to your heating system. However, on particularly cold days, you may be tempted to leave your underfloor heating to run for the majority of the time – but just how safe is this to do, and is it recommended?

With a quick and straightforward upgrade, your Underfloor Heating system can be controlled by your smartphone from anywhere in the world. This gives you the ability to control the temperature of your phone anywhere, any time.

Is it ok to leave my underfloor Heating System switched on all day?

Relax, leaving your underfloor heating on all day won't cause any harm to your system.

Leaving your underfloor heating system switched on all day during particularly cold seasons won't cause any harm – in fact, it's not a bad idea. Leaving your heating on will encourage faster efficiency and warming up times, meaning that you are less likely to feel chilly for longer. There is a big misconception of this method when using underfloor heating which is why **programmable thermostats** with underfloor heating go hand in hand.

Our underfloor heating systems are made entirely from the highest quality materials. A well built underfloor heating system can be left on all day with no issues, if anything it can be better for your house and property to be kept at an even temperature. You can [buy DIY underfloor heating kits here](#) from our online store and get everything you need delivered to your door.

Correctly setting up your underfloor heating temperatures

The best idea to maximise the results of your heating system is to have 2 “ON” times with a comfort temperature and 2 “OFF” times with setback temperatures which is normally 4°C lower than your comfort temperature. The setback temperatures are particularly important as these won’t let the temperature of your room drop too much, meaning it is much quicker to heat your room back to comfort levels when it’s needed.

Also, it’s good practice to have your underfloor heating system on 2 hours prior to using a room. So lets say it’s the Kitchen and you wake up at 7am, you would set your 1st programme to come on at 5am with a comfort temperature of 22°C, this means when you come to use this room it’s already on and up to comfort level. The 2nd programme would be a setback time and temperature for when you leave the house (9am @18°C). The 3rd programme is the on time and comfort temperature for when you get home from work but set it 1 – 2 hours prior. (4pm @ 22°C).

Now between the 2nd and 3rd programme the temperature was set to 18°C which means if your room dropped 1°C lower than 18°C the UFH would come back on to gain the 1°C back. It would maintain this until the 3rd programme comes on at 4pm.

The 4th and final programme is another setback time and temperature also known as ‘night setback’. This programme would be set to 10pm @ 18°C. Again if during the night the room drops below 18°C the UFH will come back on to maintain 18°C until the next morning when all the programmes repeat the process.

Having a correctly insulated home

So, in theory your newly installed heating appliance may seem like it’s on all the time but only when it’s required to do so. The more insulated a house or room is the less heat loss you will have so therefore takes very little energy to heat the house or room. Also, the best installation with this heating method is in an insulated and **screeded floor** as this will retain and emit the heat even when your floor is off. If the underfloor heating system is installed, designed and used correctly it is the most effective and best source of heat on the market today.

For more information on how **UK Underfloor Heating** can help bring a wealth of direct and energy efficient warmth to your home throughout the winter months ahead, simply call us on **0800 232 1501** or email **info@ukunderfloorheating.co.uk** – we look forward to hearing from you and discussing how we can make a warm and responsive home a reality for you!

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