

# Adaptive Thermal Comfort: Principles and Practice

## An Essential Guide to Optimizing Thermal Comfort in Buildings

Thermal comfort is a fundamental human need. It is essential for our physical and mental well-being, and it can have a significant impact on our productivity and creativity. In buildings, thermal comfort is achieved when the indoor environment is neither too hot nor too cold. However, maintaining thermal comfort can be a challenge, especially in climate-controlled buildings.



## Adaptive Thermal Comfort: Principles and Practice

★★★★☆ 4.8 out of 5

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Enhanced typesetting : Enabled  
Print length : 210 pages  
Screen Reader : Supported



In recent years, there has been a growing interest in adaptive thermal comfort. This approach to thermal comfort recognizes that people can adapt to their thermal environment within limits. This means that it is possible to create comfortable buildings without having to maintain a constant indoor temperature.

Adaptive thermal comfort is based on the following principles:

1. People can adapt to their thermal environment to some extent.
2. The level of adaptation depends on a number of factors, such as the person's clothing, activity level, and expectations.
3. The indoor thermal environment can be adjusted to promote adaptation.

Adaptive thermal comfort has a number of advantages over traditional approaches to thermal comfort. These advantages include:

- Reduced energy consumption
- Improved indoor air quality
- Increased occupant satisfaction
- Greater flexibility in building design and operation

Adaptive thermal comfort is a promising approach to optimizing thermal comfort in buildings. This approach has the potential to reduce energy consumption, improve indoor air quality, and increase occupant satisfaction. If you are interested in learning more about adaptive thermal comfort, I encourage you to read this book.

### **Key Features of the Book**

- Comprehensive overview of the theory and application of adaptive thermal comfort
- Focus on practical implementation
- Covers a wide range of topics, including:

- The history and development of adaptive thermal comfort
- The physiological and psychological basis of adaptive thermal comfort
- The application of adaptive thermal comfort to different building types
- The design and operation of buildings to achieve adaptive thermal comfort
- Case studies of adaptive thermal comfort in practice

## Who Should Read This Book?

This book is essential reading for architects, engineers, and other professionals who are involved in the design and operation of buildings. It is also a valuable resource for students and researchers in the field of thermal comfort.

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