

# Heizen und Lüften von Mietwohnungen in Deutschland

erstellt von SV Büro Charles Knepper Lutherstadt Eisleben Kirchweg 4 – schimmelhilfe24.de –  
in Anlehnung „Schimmelleitfaden“ Umweltbundesamt Dessau 2024

Englische Sprache

## Detailed Guide for Proper Heating and Ventilation of Residential Spaces

Proper use and maintenance of your rental apartment are crucial to preventing mold growth and moisture damage. Improper heating and ventilation practices can lead to significant issues, not only damaging the structure but also posing health risks. This guide will help you optimize your living spaces by heating them correctly, ventilating effectively, and thus preventing mold and moisture problems. The following recommendations are based on the latest findings from the Mold Guidelines by the German Federal Environment Agency, updated in 2024.

### 1. Proper Heating of Living Spaces

#### Why is proper heating so important?

A key factor in preventing moisture and mold is the correct heating of your living spaces. When rooms are not sufficiently or evenly heated, condensation can form on cold walls and windows. This moisture creates ideal conditions for mold, which can damage the structure and cause allergies and respiratory issues.

#### Recommended Room Temperatures:

- **Living Room:** A temperature of about 20-22°C (68-72°F) creates a comfortable environment and prevents walls from cooling down.
- **Bedroom:** 16-18°C (61-64°F) is ideal. A lower temperature promotes better sleep without the risk of mold growth.
- **Kitchen:** 18-20°C (64-68°F) is both comfortable and energy-efficient, as cooking adds extra heat to the room.
- **Bathroom:** Keeping the temperature at 22-24°C (72-75°F) ensures warmth, helping moisture evaporate quickly and preventing mold.

#### Heating Tips:

- **Even Heat Distribution:** Maintain a consistent room temperature to prevent walls from cooling. Sudden drops in temperature can lead to condensation on cold surfaces.
- **Night Setback:** Lower the heating slightly at night to save energy. However, ensure the temperature does not fall below 16°C (61°F) to avoid moisture problems.
- **Keep Radiators Clear:** Avoid blocking radiators with furniture or curtains, as this obstructs heat distribution in the room and leads to inefficient heating.

### 2. Guide to Proper Ventilation

#### Why is regular ventilation crucial?

Regular and correct ventilation is essential to remove excess moisture from living spaces. Activities like cooking, showering, drying clothes, or even breathing produce moisture that accumulates in the air. Without adequate air exchange, this moisture remains trapped in the rooms and can condense on cold surfaces, promoting mold growth.

#### Recommended Ventilation Times:

## Heizen und Lüften von Mietwohnungen in Deutschland

erstellt von SV Büro Charles Knepper Lutherstadt Eisleben Kirchweg 4 – schimmelhilfe24.de –  
in Anlehnung „Schimmelleitfaden“ Umweltbundesamt Dessau 2024

- **Morning:** Ventilate all rooms thoroughly immediately after getting up. Airing out for 10-15 minutes using the shock ventilation method is the most effective way to remove moisture that has accumulated overnight.
- **During the Day:** Repeat shock ventilation several times, especially after cooking, showering, or drying clothes. This prevents moisture from settling into walls or furniture.
- **Evening:** Ventilate again before going to bed to improve air quality and remove any remaining moisture.

### Ventilation Methods:

- **Shock Ventilation:** Open windows wide for a few minutes to ensure rapid air exchange. This method is much more effective and energy-efficient than leaving windows slightly open all day.
- **Cross Ventilation:** If possible, open windows or doors on opposite sides of the room to create a draft. This maximizes air circulation and minimizes the risk of moisture buildup.

### Special Considerations:

- **Bedrooms:** Ventilate bedrooms thoroughly in the morning to remove moisture generated from breathing during the night.
- **Kitchens and Bathrooms:** Ventilate these rooms immediately after use to expel cooking or shower steam.

## 3. Guide to Using Radiator Thermostats

### Why is proper use of radiator thermostats important?

Radiator thermostats are crucial for regulating room temperature. Incorrect use can lead to unnecessary energy consumption or insufficient heating, which can, in turn, promote mold growth.

### Thermostat Settings:

- **Level 1:** Equivalent to about 12°C (54°F), serves as frost protection when rooms are not in use.
- **Level 2:** Equivalent to about 16°C (61°F), ideal for cooler rooms such as bedrooms.
- **Level 3:** Equivalent to about 20°C (68°F), recommended for living rooms.
- **Level 4:** Equivalent to about 24°C (75°F), recommended for bathrooms.
- **Level 5:** Equivalent to about 28°C (82°F), intended for rapid heating of very cold rooms.

### Usage Tips:

- **Continuous Temperature:** Set the thermostats to the desired temperature and maintain it consistently instead of making frequent adjustments. This saves energy and keeps rooms evenly warm.
- **Maximizing Efficiency:** Do not turn the thermostat to the highest setting to heat the room faster. This does not increase heating speed but only wastes energy.

## Heizen und Lüften von Mietwohnungen in Deutschland

erstellt von SV Büro Charles Knepper Lutherstadt Eisleben Kirchweg 4 – schimmelhilfe24.de –  
in Anlehnung „Schimmelleitfaden“ Umweltbundesamt Dessau 2024

### 4. Additional Measures to Prevent Moisture and Mold Damage

#### Furniture and Room Layout:

- **Furniture Spacing:** Do not place furniture, especially large cabinets or shelves, directly against exterior walls. Maintain a distance of 5-10 cm (2-4 inches) to allow air circulation and prevent walls from cooling and becoming damp.
- **Curtains and Blinds:** Ensure that curtains or blinds do not cover radiators, as this impedes heat circulation and negatively affects room temperature.

#### Minimizing Moisture Sources:

- **Drying Laundry:** Avoid drying laundry indoors whenever possible. If unavoidable, ensure the room is well-ventilated during and after drying.
- **Houseplants:** Limit the number of houseplants, as they release additional moisture into the air, which can accumulate in the room.

#### Bathroom Use:

- **After Showering:** Dry wet surfaces like walls, floors, and mirrors to prevent standing moisture. Ventilate the bathroom thoroughly right after use.
- **Mold Prevention:** Regularly check joints, seals, and hard-to-reach areas for mold growth, and clean them immediately if necessary to prevent spreading.

#### Conclusion

Proper heating and ventilation of your apartment are essential to prevent mold growth and moisture damage. By following this guide, you not only ensure a healthy living environment but also contribute to the long-term preservation and value of your apartment. Regular checks and small adjustments in daily usage can make a significant difference, ensuring that your apartment remains free from mold and moisture damage.