

4 mistakes to use air conditioning to waste electricity and affect health

The scorching hot weather makes the demand for air conditioners increase, increasing demand leading to increased electricity bill. Especially the mistakes when using the air conditioner below will 'consume' a lot of money even affecting health. See to avoid 'money loss disability' offline.

Air conditioner is becoming an essential equipment for the majority of families, helping to bring a fresh and cool atmosphere. The following are the wrong habits that make air conditioners overloaded, causing power consumption and harm to health.

Turn off the air conditioner as soon as the room is cool enough

Many users have the habit of turning off the air conditioner as soon as they feel the room temperature is cool enough, then turn on the device again when the air starts to heat up. Such a way to turn on / off will reduce the load for the air conditioner, helping to save more electricity. However, this habit has the opposite effect.



Air conditioner is composed of 2 main parts: outdoor unit and indoor unit. In particular, outdoor units consume more power, accounting for about 95% of total air conditioner capacity.

On startup, the entire air conditioning system works to reduce room temperature. To the required cooling level, the indoor unit's outdoor unit will automatically stop, leaving only the fans and reversing motor of the indoor unit to continue operating. Common types of air conditioners are now equipped with this automatic shutoff feature.

Therefore, if actively turning on / off regularly will make the outdoor unit work more, consume 3 times more power than the amount of energy needed to maintain the cold.

Wrong mode selected for (Mode) cooling



Besides the Auto mode, the air conditioner is equipped with other modes such as cooling (Cool), drying (Dry), fan mode (Fan), etc. The regime can cause the air conditioner to work improperly and cause electric waste.

Cool mode should be used when fast cooling is required and keep the room temperature as stable as the selected level. With Fan mode, the compressor will shut down but the fan will still run continuously. Users should select this mode when air circulation in the room is required but no cooling is required.

In Dry mode, the cooling system will blow out drier airflow, which is used to reduce humidity during rainy days, when the humidity outside is high. Time to use this hygroscopic regime should be shortened from 1-2 hours, if used long can cause skin cracking, dry skin, corneal dry .

Skip the sleep timer feature (Sleep)



Best Sleep mode is an automatic temperature adjustment mode to help bring a good night's sleep and a sense of comfort after waking up, appearing on high-end air-conditioners with AIoT technology and J-Tech Inverter. Sharp brand introduced in 2020.

Specifically, when starting the Best Sleep timer mode, the machine will lower the temperature to help users fall asleep more easily. Then, so that the room temperature is not too cold to affect health, the machine will automatically rise to 0.1 degrees Celsius every 12 minutes.

Scientists explain that during sleep, the body's metabolism decreases, the temperature is low, so the need for cooling also decreases. Automatically raising the temperature during the night helps save power, while supporting users to have a deep sleep and a sense of comfort when waking up.

Other devices do not have a sleep timer, users can use the timer to turn on and off after a certain period of time, make settings in the timer frame on the control device.

No hygiene, regular air conditioning maintenance



During operation, dust often forms in air filters and blower systems. Dirt accumulated for a long time will make the chiller longer, consume more electricity and reduce the life of the device.

In addition to increasing electricity consumption, unhygienic habits, regular maintenance and maintenance can be the risk of causing many respiratory diseases for users such as cough, sore throat, rhinitis.

Manufacturers recommend periodic cleaning time for household air conditioners is about 3-4 months, 1-2 months for places with many people and monthly for factories and factories.

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