

It is reasonable to turn off the air conditioner before going out

Do you know the habit of leaving the room right after turning off the air conditioner will harm your health? So how many minutes to turn off the air conditioner before going out?

On hot summer days. To help you avoid the hot and uncomfortable heat, turn on the air conditioner or cooling devices is the best solution to help us get rid of the uncomfortable heat.

However, many people often have the habit of turning off the air conditioner then leaving the room, you know this is an extremely harmful habit and wasting electricity.

So, how many minutes should it be reasonable to turn off the air conditioner before leaving the room? Let's find out about this with us in the following article.

1. Why should the air conditioner be turned off before leaving the room for a while?



When we are in the air-conditioned room, the body gradually adapts to this environment, if you suddenly step outside immediately, the temperature outside and inside the room is different, especially on hot days. peak, fierce. If a large temperature difference can cause heat shock (difficulty breathing, hallucinations, disorientation, coma, .), it may affect your health badly.

In addition, turning off the air conditioner when not in use will allow the air conditioner to have a rest time, increasing the life expectancy of the air conditioner and especially helping your family save a considerable amount of wasted electricity, You will no longer worry about your family's monthly electricity bill rising.

2. How many minutes should the air conditioner be turned off before going out?



As mentioned above, we should not leave the room when the air conditioner is turned off. So, we should turn off the air conditioner before leaving the room for as many minutes as possible.

According to experts, when we intend to go out, it is best to turn off the air conditioner before about 10 minutes, and should open windows and doors for air convection. This helps the body gradually adapt to the current ambient temperature, preventing the body from thermal shock.

A small note for you is that if you have to go out for a long time, in addition to turning off the air conditioner by control, you should disconnect the aptomat to save a significant amount of power.



It is very important to turn off the air conditioner properly before going out. Hopefully this article, we have been able to help you "pocket" yourself and your loved ones an extremely useful health protection method when using air-conditioned rooms.

Have a happy time!

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