

Wrong habits when using air conditioning

The wrong habits of using everyday objects bring harmful effects that you didn't expect. Air conditioning is similar. Especially if you make a wrong habit that will affect the health of each family member.

In the hot summer days, many families choose to buy air conditioners to bring a more pleasant atmosphere. However, do you know that the way you use air conditioning on a daily basis is wrong? There are erroneous habits when using air conditioning that few people pay attention to, making your electricity bills increase but also affect the health of each family member. In this article, we will take 5 easy mistakes when using air conditioners.

1. Turn off the computer when the room is cold enough:

Many people believe that, when the room is cold enough, turning off the air conditioner will save electricity and reduce the load for air conditioner. So many people turn off the air conditioner when it's cool enough and turn it on when the room temperature rises. Even, many people have the habit of turning on / off intermittently with the desire to save electricity.

This is a mistake that consumes more power and quickly crashes. For Inverter air conditioners when the machine is turned on again, the air conditioner must consume a lot of power to start the compressor, fan motor and to cool the air to the required temperature. Continuous On / Off operation also causes the air conditioner to decrease its durability.



You can refer to some types of air conditioners from many different brands, which are sold at META.VN online supermarket with competitive prices:

The room temperature should be maintained at a stable level, rather than turning off the air conditioner completely. The ideal temperature difference between the air-conditioned room temperature and the outside temperature is about 5 - 7 degrees C. Also, always turn on the device and turn it off before setting out for about 30 minutes.

After using the remote control to turn off the device, please disconnect the Aptomat (power switch to the machine) because in fact, when turned off by the controller, the machine still consumes a certain amount of power. In addition, power disconnection into the machine is also to prevent electric shocks, causing damage to the machine.

2. Closed door when using air conditioner:

This is a familiar habit when we use air conditioning. However, air in a closed room can become much more toxic than outdoor air and easily produce many harmful bacteria when not exchanging gas regularly.



The room door should not be completely closed when using air conditioning because the room air should be conditioned to avoid contamination. It is best about 30 minutes - 1 hour should open the door. Priority should be given to the selection of air-conditioner products with air filtering function to filter out dirt and bacteria.

3. Adjust the temperature too low:

Many users of air conditioning think that choosing a lower temperature will increase air conditioning capacity and cool room faster. But even if the temperature is 25 degrees Celsius or 16 degrees Celsius, it is not possible to change the actual temperature in the room. In addition, when the temperature is too low, the machine will have to work continuously, leading to increased power usage and reduced air conditioner life.

Even with inverter models, this method is only true in a small limit, the machine can only reduce capacity but not increase the capacity beyond its limit. Not to mention if the temperature is low compared to the outside, it will cause heat shock when we walk from the room out.

4. Non-hygienic air conditioning:

If dirt gets in, the cooling capacity of the conditioner will decrease and consume more power to cool to the required heat. Therefore, in order to ensure that the air conditioner can provide enough cold air, it is necessary to regularly ventilate the outdoor unit and the indoor unit so that dust and dirt are not attached.

Old types of air conditioners (used for about 2 years) are not hygienic, careful conditioning and maintenance will be very dirty. Plaque, dirt, spider web will create a layer of adhesion. If dust in the filter of the indoor unit will prevent the air conditioner from blowing cold air into the room. In the outdoor unit, it is easy to create a blockage, no ventilation for the outdoor heat exchanger when the air conditioner operates.



5. For air conditioning to run continuously:

During hot days, many homes often allow air conditioning to run continuously. However, doing so will cause your electricity bill to skyrocket. If you go out for a long time, turn off the air conditioner to save power. Plus, use the timer button on the remote control.

In addition, you should also use the night sleep mode added in some new air conditioner models today. This mode supports gradually increasing the temperature (usually every hour the machine will increase 0.5 degrees and maximum 2 degrees C) to prevent users from waking up at night due to feeling cold. When the temperature rise machine also means reduced operating capacity and more energy saving.

Refer to the following articles:

1. Mysteriously saving electricity with Dry mode on air conditioner
1. How to clean the air conditioner properly?
1. Popular modes of use on air conditioners

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