

# Innovative Air Shares Expert Tips for Ideal Winter Thermostat Settings in New York

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Westchester County, New York – Winter in New York can be harsh, but maintaining the right thermostat settings can keep your home comfortable, energy-efficient, and healthy. To help smart homeowners, energy savers, and health-conscious individuals optimize their heating this winter, Innovative Air, a leading HVAC company, has outlined expert recommendations to guide thermostat use during the colder months.

## Ideal Temperature Settings

For balanced comfort and energy efficiency, Innovative Air recommends maintaining your thermostat at 68°F during the day. This baseline is supported by the U.S. Department of Energy and can significantly reduce energy consumption. “For every degree above 68°F, homeowners may use up to 3% more energy,” says Michael Carlo, owner of Innovative Air. “Small adjustments can lead to notable savings.”

## Save Energy Without Sacrificing Comfort

Reducing your thermostat by 7-10°F while sleeping or away from home for at least eight hours daily can decrease heating costs by up to 10% annually. A programmable or smart thermostat can make managing these changes effortless, ensuring comfort when you’re home and savings when you’re not.

## Health is Just as Important

While saving energy is essential, staying too cold can pose health risks. Experts recommend indoor temperatures between 64°F and 75°F for healthy adults. Vulnerable groups—such as young children, seniors, and individuals with health conditions—should keep their homes above 68°F.

“Balancing comfort, health, and energy efficiency is crucial for every household,” says Carlo. “Our goal at Innovative Air is to provide guidelines that make it easier for families to enjoy a warm and safe winter while saving on energy.”

## Additional Energy-Saving Tips

Maximize the efficiency of your heating system with these simple adjustments:

- Upgrade to a Smart Thermostat: Automate temperature changes for consistent savings.
- Keep Heating Vents Unblocked: Ensure proper airflow by repositioning furniture or rugs.
- Insulate Pipes and Ducts: Prevent heat loss in unheated areas.
- Replace Furnace Filters: Clean filters regularly for optimal heating system performance.

## About Innovative Air

Innovative Air is a trusted HVAC company dedicated to providing high-quality heating services to New York residents. With a focus on energy-saving solutions and expert guidance, Innovative Air helps homeowners create comfortable, efficient, and healthy spaces year-round.

For more information on how to optimize your heating system or explore additional HVAC services, visit <https://innovativeairsolutions.com>.

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