

# **Human Thermal Environments The Effects Of Hot Moderate And Cold Environments On Human Health Comfort And Performance Author Ken Parsons Feb 2003**

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## **Human Thermal Environments The Effects**

Ken Parsons states that "Air temperature, radiant temperature, humidity and air movement are the four basic environmental variables that affect human response to thermal environments." As an example, our productivity and health are tied together. When buildings are designed, careful attention is paid to to the heating and AC systems in the design.

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Our responses to our thermal environment have a considerable effect on our performance and behavior, not least in the realm of work. There has been considerable scientific investigation of these responses and formal methods have been developed for environmental evaluation and design.

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## **Human Thermal Environments | Human Thermal Environments ...**

thermal environments and now includes the effects of solar radiation. Improvements to the heat balance equation include the effects of clothing ventilation and practical application is enhanced with a description of the thermal audit which will become a fundamental starting point in all human thermal environments assessments. Chapters 2

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The data confirmed that (1) warmer pre-sleep thermal environment within human thermoregulation range decreased sleep latency, (2) sleep fragmentation increased monotonically with thermal discomfort in bed climate, and (3) excessively warm sensation (higher than 0.8) was counter-productive for sleep quality improvement.

## **Effects of phased sleeping thermal environment regulation ...**

Thermal comfort is the condition of mind that expresses satisfaction with the thermal environment and is assessed by subjective evaluation (ANSI/ASHRAE Standard 55). The human body can be viewed as a heat engine where food is the input energy. The human body will release excess heat into the environment, so the body can continue to operate.

## **Thermal comfort - Wikipedia**

The present study mainly focused on the effects of the pre-sleep thermal environment on sleep quality. The physical heat transfer between body and thermal environment determines the thermal state and thermal sensation of a subject, thereby physiologically affecting human sleep.

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