

## ASHRAE Technical FAQ

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Question What are the recommended indoor temperature and humidity levels for homes?

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Answer [ASHRAE Standard 55-2013](#), Thermal Environmental Conditions for Human Occupancy, notes that for thermal comfort purposes, temperature could range from between approximately 67 and 82 °F. A more specific range can be determined from the standard but depends on relative humidity, season, clothing worn, activity levels, and other factors. The standard notes that HVAC systems must be able to maintain a humidity ratio of at or below 0.012. This corresponds to an upper relative humidity level as high as more than 80% at low dry bulb temperatures but may be lower dependant upon factors such as temperature and the other factors listed above. The standard does not specify a lower humidity limit but notes that non-thermal comfort factors such as skin drying, irritation of mucus membranes, dry eyes, and static electricity may place limits on acceptability of very low humidity environments.

[ASHRAE Standard 62.1-2016](#) recommends that relative humidity in occupied spaces be controlled to less than 65% to reduce the likelihood of conditions that can lead to microbial growth.

The handbook and standards may be purchased and/or individual chapters of the handbook may be purchased and downloaded on-line at our website, [www.ashrae.org](http://www.ashrae.org) or by calling 1-800-527-4723 in the USA and Canada or 1-404-636-8400 worldwide.

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[ASHRAE Standard 55-2013](#) plus [ASHRAE BOD approved addenda](#).

ASHRAE Pubs [ASHRAE Standard 62.1-2016](#) plus [ASHRAE BOD approved addenda](#).

[2013 ASHRAE Handbook - Fundamentals, Chapter F9](#)

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Topic References temperature, humidity, comfort, set point, moisture, dry, humid, microbial growth

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	Cognizant ASHRAE Committees	Refer to Organization
1	<a href="#">TC 2.1</a>	
2	<a href="#">TC 4.3</a>	
3	<a href="#">TC 5.11</a>	
4	SSPC 55	
5	SSPC 62.1	