Economical use of bathroom underfloor heating

In apartments and row houses, the bathroom often has electric underfloor heating, the use of which the resident pays for in their electricity bill. Underfloor heating in the bathroom increases living comfort and speeds up the drying of the floor after a shower. Together with efficient ventilation, underfloor heating prevents damp problems.

The energy usage of underfloor heating is affected by thermostat settings, ventilation, the number of external walls, the level of thermal insulation in the structures and whether underfloor heating is the only heat source in the room. Changes in outdoor temperature also affect the need for heating. In frosty conditions, more energy is required for heating.

Save with smart adjustments – keep the floor temperature moderate

If the bathroom has a separate radiator for heating the air in addition to underfloor heating, set the underfloor heating to a couple of degrees warmer than the air temperature. The floor may now feel rather cool on bare feet, but not cold. If underfloor heating is the only heat source in the bathroom, note that it also heats the room air. The appropriate temperature in the bathroom is usually a few degrees higher than in the rest of the apartment (23 -25°C).

In any case, it is a good idea to dry the floor with a squeegee after each shower, and the bathroom door and windows should generally be kept closed.

An electronic thermostat saves on underfloor heating. A programmable thermostat allows you to schedule suitable usage times and temperatures for your daily routine, and energy is not wasted.

The table shows indicative estimates of the electricity consumption and costs of underfloor heating. In the examples, the underfloor heating is dimensioned at 100 W / m² and electricity price is 15 c / kWh.

Area m²	Consumption kWh/year	Price EUR/year	Price EUR/mth
3	540 - 1980	81 - 297	7 - 25
4	720 - 2640	108 - 396	9 - 33
5	900 - 3300	135 - 495	11 - 41
6	1080 - 3960	162 - 594	14 - 50
7	1260 - 4620	189 - 693	16 - 58
8	1440 - 5280	216 - 792	18 - 66
9	1620 - 5940	243 - 891	20 - 74
10	1800 - 6600	270 - 990	23 - 83

Monitoring electricity is worthwhile

- Remotely readable electricity meters allow the monitoring of electricity consumption hour by hour.
- In our online service, you can closely monitor your electricity consumption and check that the adjustments you have made are effective.
- Log into the service at: https://www.helen.fi/en/log-in

Get the Oma Helen application

- Download the Oma Helen mobile app from your phone's app store.
- In Oma Helen, you can monitor your energy consumption from hourly to annual level. When you know your energy usage better, you can optimize your consumption and save money.
- With Oma Helen, you get an overview of your energy consumption, stay up to date on your bills, contract and other energy issues, and you can contact our customer service easily.