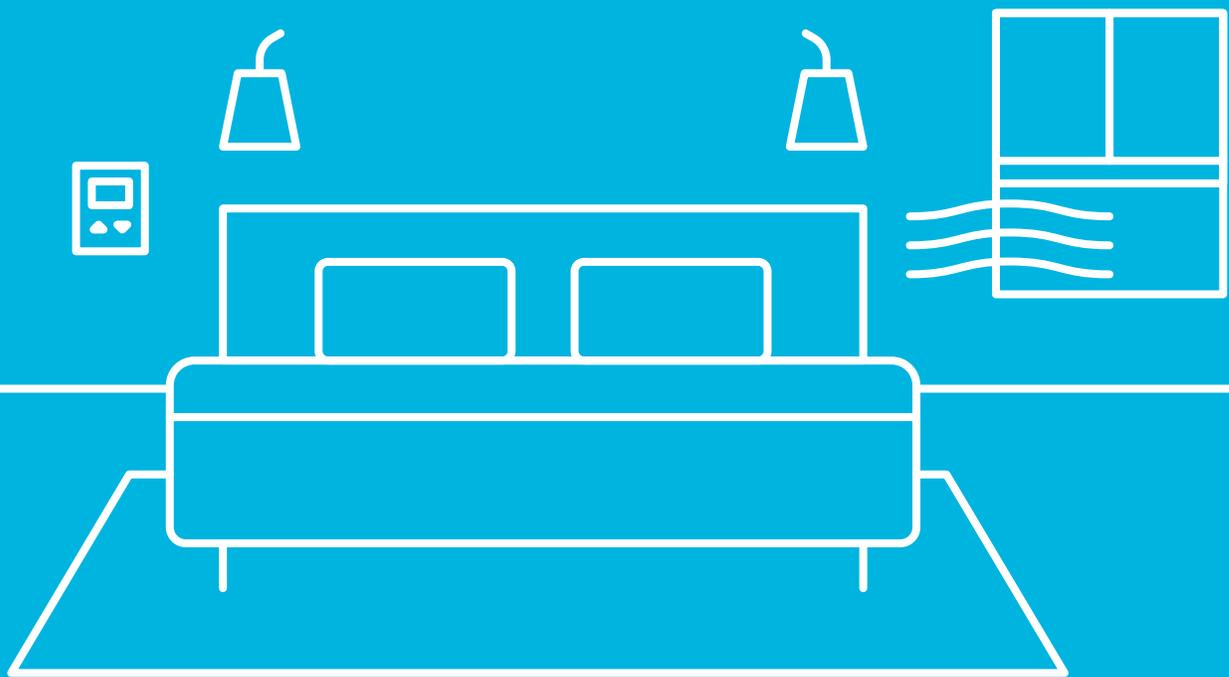


Bedroom battleground:

B.C. couples are butting heads over bedroom temperature



Bedroom battleground: B.C. couples are butting heads over bedroom temperature

As temperatures plummet across the province, there is one place most British Columbians can seek refuge at the end of a long day—at home under the covers. But many cannot agree on a temperature when they turn in for the night, leading to conflict in the bedroom for B.C. couples.

Highlights

- A recent survey¹ conducted on behalf of BC Hydro finds more than 80% of British Columbian couples complain about the temperature in their home to their partner—with 40% doing it at least once a week, and 15% complaining daily.
- Complaints about the temperature lead to full-blown arguments in one-third of British Columbian couples' homes—and a quarter of these arguments are happening over the bedroom temperature.
- In some homes, arguments have escalated to the point where almost 30% have slept in another room, or at least considered it, because it is too hot or too cold in the bedroom.
- This might be because about three-quarters of couples are going to bed with the heat on higher than the recommended 16 degrees Celsius in the winter months—despite most preferring a cooler bedroom.
- While most like it cool, those who like it a bit warmer are feeling left out in the cold:
- Almost 40% often keep a window in the bedroom open at night no matter how cold it is outside, and some have fought with their partner about the open window.
- And, temperature is not the only thing couples cannot agree on in the bedroom—78% said their partner does something during the night that they do not like. For example:
 - 54% snore
 - 26% take up too much space
 - 26% move too much/fidget
 - 23% take all the blankets
 - 22% stay up too late
 - 9% keep a light on
 - 6% talk in their sleep or sleepwalk

Solutions

- This report does not intend to solve disputes between couples when it comes to the number on the bedroom thermostat; however, from an energy-efficiency perspective, BC Hydro does recommend an ideal temperature to set the thermostat at depending on what individuals are doing in the home. For example:
 - 16 degrees Celsius when away from home or sleeping;
 - 21 degrees Celsius when relaxing or watching T.V., and
 - 18 degrees Celsius when cooking or doing housework.
- Agree to disagree: Using separate duvet covers or wearing warmer or cooler pajamas to bed can help ease temperature tensions.
- Consider compromise: Once you figure out a thermostat compromise, get a programmable thermostat to keep the temperature at the agreed upon number and save 15% in energy costs.

¹ Online survey representative of all sexual orientations and gender identities, conducted by Majid Khoury on behalf of BC Hydro of 800 British Columbians from January 5 to 11, 2021.

Ready for bed and battle

With the ongoing COVID-19 pandemic and plummeting temperatures across the province, many British Columbians are staying at home with their partners more, and there is no better place to seek refuge at the end of a long cold day than under the covers in bed.

However, a recent survey conducted on behalf of BC Hydro finds many B.C. couples cannot agree on what temperature to set the thermostat at when they turn in for the night, and it is leading to bedtime battles.

This report will look at what is causing bedroom ‘temperature battles’ and provide some suggestions to negotiate peace.

If you can’t stand the heat... get out of the bedroom

The survey found that thermostat temperature can be a contentious topic in many B.C. households—more than 80% of British Columbian couples said they complain about the temperature in their home to their partner—with 40% complaining at least once a week, and almost 15% complaining daily. Those who live in Northern B.C. are the most likely to complain about their home temperature at least once a day, perhaps because of the colder climate in that region.

For one-third of British Columbian couples, complaints about the temperature lead to full-blown arguments, and a quarter of these arguments are happening over the temperature in the bedroom. In fact, almost 30% said arguments have escalated to the point where they have slept in, or considered sleeping in, another room because it is too hot or cold in the bedroom.

And, while 26% admit they are the one who usually complains about the bedroom temperature, most (37%) say their partner is more likely to start the battle.

MOST LIKELY TIMES FOR TEMPERATURE BATTLES



Some like it hot

When the lights go out, 71% of British Columbian couples said they find it difficult to get some shut eye because of the bedroom temperature. For some, this might be because they are going to bed with the heat too high. In fact, about three-quarters of British Columbians are going to bed with the heat on higher than the BC Hydro recommended 16 degrees Celsius in the winter months. Those who live in the Lower Mainland like it the hottest—they are the most likely to fall asleep with the thermostat set to a balmy 23 degrees Celsius or higher.

Overall, however, the survey found British Columbian couples prefer their bedrooms on the cooler side—80% said they prefer a cooler bedroom. It turns out those who live in the Okanagan/Kootenays like their bedroom the coolest—26% said they set the thermostat at or below 16 degrees Celsius each night before bed.



71% of British Columbian couples are losing sleep because of bedroom temperature

When peace goes out the window

While most prefer a cooler bedroom those who like it a bit warmer might have to fight a little harder for bedtime peace with their partner, in part because of the window factor. Almost 40% of British Columbian couples said they often keep a window in the bedroom open at night no matter how cold it is outside. The window issue has caused 14% to fight with their partner when one person wants fresh air at all costs, and the other wants the window closed. Those in the Lower Mainland are the most likely to argue with their partner over having the window open at night, followed by those in the Okanagan/Kootenays.

This may come as no surprise, but thermostat temperature is not the only thing B.C. couples cannot agree on in the bedroom—an overwhelming 78% said their partner does something during the night that they do not like—and snoring is at the top of the list (54%) followed by taking up too much space (26%) and fidgeting/moving too much (26%).

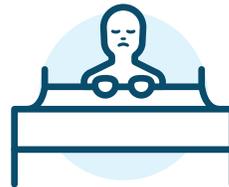
OTHER BEDROOM ANNOYANCES



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26% take up too much space



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23% take all the blankets



22% stay up too late



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6% talk in their sleep or sleepwalk

Catching ZZZZs not (bad) feelings

Sleep is very important to well-being and sometimes there are compromises that need to be made with your partner when it comes to getting some quality slumber. If you differ from your partner in temperature preferences, consider using separate duvets/blankets or wearing warmer or cooler pajamas to bed to compensate. Separate blankets will also protect against blanket hogs, which is a bonus. Generally, it is harder to sleep when overheated, so the onus maybe on the person who likes it a bit warmer to bundle up in bed.

While this report does not intend to solve disputes between couples when it comes to the number on the bedroom thermostat, from an energy-efficiency perspective, BC Hydro does recommend an ideal temperature to set the thermostat at depending on what individuals are doing in the home. For example:

- 16 degrees Celsius when away from home or sleeping;
- 21 degrees Celsius when relaxing or watching T.V., and
- 18 degrees Celsius when cooking or doing housework.

While a temperature compromise cannot always be reached, if a number is settled on, use a programmable or smart thermostat to automatically adjust the temperature of the home based on the time of day. Using a smart or programmable thermostat can save 15% on energy costs.

For more ways to save energy and money this winter, visit powersmart.ca.

