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Ken Parsons states that
"Air temperature,
radiant temperature,
humidity and air
movement are the four
basic environmental
variables that affect
human response to

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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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In the ten years since the publication of the

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communications,
making international
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global. However, there
is still a need for a

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- compilation of up-to-
- date information and
- best practices.

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Our responses to our
thermal environment

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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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Abstract In the ten years since the publication of the second edition of Human Thermal Environments: The Effects of Hot, Moderate, and Cold Environments on Human Health, Comfort, and Performance 2nd Edition, the world has embraced electronic communications, making international collaboration almost

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Human Thermal
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2002 . eBook Published
9 April 2014 . Pub.
location Boca Raton .
Imprint CRC Press .

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thermal environments
and now includes the
effects of solar
radiation.

Improvements to the
heat balance equation
include the effects of
clothing ventilation and

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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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Edition Hardcover - 21
Mar 2014 by Ken
Parsons (Author) 3.9
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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

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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
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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

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