



Keep a Singapore Home Cooler: A Room-by-Room Plan

Description

To keep a Singapore home cooler, work in this order: block solar heat before it enters, clear a path for air movement, use a fan for comfort, then add targeted air-conditioning only where needed. Bedding and cooling products can help, but they cannot compensate for a west-facing window left unshaded or a fan aimed into a blocked corner. [NEA cooler-home design guidance](#).

Start with a room-by-room heat audit

Room signal	Likely heat path	First check
Hot in late afternoon	Direct sun through an east- or west-facing window	Close curtains or blinds before the sun reaches the glass.
Stuffy after sunset	Weak cross-ventilation or blocked airflow	Clear the window path and reposition the fan.
Warm after cooking	Stored appliance and cooking heat	Use the hood or exhaust and isolate the kitchen load.
Sticky bed despite a cooler room	Heat and moisture retained by bedding	Use lighter layers and air washable items.
Air-conditioner runs constantly	Solar gain, poor sealing, dirty filter or wrong capacity	Check shade, filter and servicing before lowering the thermostat.

This matrix is LBRD analysis based on NEA’s airflow, shade, fan and appliance guidance. It helps choose the first intervention; it is not a building-performance assessment.

Stage one: stop the sun first

NEA recommends curtains, blinds or solar window film during the hottest part of the day. Its interior-design guidance also suggests light colours for walls and large furniture because they reflect heat better than dark colours. [NEA interior-design tips](#).

Close the shade before the room heats up, not after. For a west-facing bedroom, note the time direct light begins and set a simple daily routine. If film is considered, confirm building rules and product suitability first.

Stage two: clear the airflow path

Large furniture can obstruct windows and natural ventilation. Move tall cabinets away from the main opening and avoid trapping the fan between a bed and wall. The goal is a path through the occupied zone, not merely visible curtain movement.

When outdoor air is cooler and air quality is acceptable, use openings to exchange warm indoor air. During haze or poor outdoor conditions, follow current air-quality advice rather than assuming an open window is always better.

Stage three: use fans before colder settings

NEA's current tips recommend using a fan instead of air-conditioning where suitable. It also suggests running air-conditioning for about an hour and then switching to a fan, or setting the air-conditioner to 25°C. [NEA appliance energy-saving tips](#).

NEA estimates about 26% utility-cost savings for fan use instead of air-conditioning and about 23% for the one-hour-then-fan approach under its stated appliance, power-price and usage assumptions. Those percentages are scenarios, not promises for every flat.

Run a labelled sensitivity example

If the modeled utility-cost base for the compared setup were S\$100, a 23% scenario difference would be S\$23. This is an LBRD arithmetic illustration—S\$100 $\times$ 0.23—not an estimate of a household's bill. Use actual appliance power, operating time and tariff for a personal calculation.

Keep the intervention and comfort level constant when comparing. A cheaper setup that leaves a vulnerable resident overheated is not an equivalent outcome.

Fix the bedroom surface

IKEA Singapore's current stay-cool guide groups breathable bedding, pillows and shade with fans and portable cooling products. Use the page as a product and stock reference, not as proof that buying an item will cool the entire room. [IKEA Singapore stay-cool page](#).

For sleep, reduce unnecessary layers, wash protectors as recommended and leave enough space for air to move around the bed. Any medical heat sensitivity should be discussed with a clinician; this article is household guidance, not health advice.

Check current product prices at the source

As checked on 3 August 2026, IKEA's Singapore page lists the SOLUPPGÄNG cool basket at S\$49.90, KLOTPIL cooling bag at S\$29.90 and FRAKTA cool bag at S\$3.90, with availability shown on the live page. [Live IKEA prices and availability](#).

These portable products keep contents cool; they are not room-cooling appliances. Check delivery, store stock and product dimensions before travelling.

Control hidden heat loads

Cooking, tumble drying, gaming equipment and chargers add heat. Use ventilation during cooking, air-dry where practical and switch off idle devices at the socket. NEA notes that connected devices and entertainment equipment can continue drawing standby power. [NEA standby-power guidance](#).

Measure one change at a time over similar weather. A simple log of room, time, outdoor conditions, device setting and comfort will show which action actually helps.

Know when products are not the answer

Persistent heat in one room may point to facade exposure, air-conditioner sizing, insulation, sealing or equipment faults. Clean filters and service the unit on schedule. If the system still cannot cool or dehumidify the space, use a qualified contractor rather than continuing to lower the setting.

Renters and flat owners should check alteration rules before fitting films, blinds or mechanical ventilation. Keep fire exits, windows and electrical loads safe.

Use the three-step household checklist

1. Map sun, airflow and appliance heat by room and time.
2. Apply shade and clear ventilation paths.
3. Use fans, then targeted air-conditioning with maintained filters.
4. Choose bedding or portable products only for the remaining task.
5. Record comfort and energy use before buying more.

Related home-efficiency guides

If replacing an eligible appliance, check the purchase rules in our [Singapore Climate Vouchers guide](#). Before fitting window films, blinds or other alteration-related cooling measures in an HDB flat, use our [HDB renovation permit guide](#) to identify which approvals to confirm.

Questions households ask

Should I set the air-conditioner below 25°C?

NEA recommends 25°C as an energy-saving setting; comfort and health needs still vary.

Will a cooling bag cool a room?

No. The listed bags are for keeping contents cool.

What is the first low-cost change?

Block direct sun before peak heat and clear the airflow path, then test fan placement.

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