

Sleeping Environment IAQ and Sleep Quality

Thursday January 12th, 2023

10:00-11:30 (Brussels, BE)

09:00-10:30 (London, UK)

17:00-18:30 (Shanghai, CN)

17:00-18:30 (Singapore, SG)

REGISTER

FREE – Participation to the Webinar is free

Registration is required: A link to join the webinar will be included in the email confirmation.

Our bodies need good rest and sleep as part of regular recuperation to enable us to perform our normal activities in life. Sleep is an integral part of human life and the importance and significance of good bedroom IAQ, indoor air pollution, ventilation as well as bedroom thermal environment during sleep cannot be emphasized more. Yet, there is a paucity of information in the scientific literature in this regard, especially pertaining to IAQ in sleeping environments and sleep quality. Are our bedrooms adequately ventilated at all times to maintain good IAQ? Is the thermal comfort of our bedroom acceptable across all seasons? Is our bedroom IAQ affecting our sleep quality? Are we even aware of these associations? What do the various international standards say about bedroom ventilation and IAQ?

This webinar aims to provide a framework to address some of the above questions and encourage discussion on the need and call to action towards enhancing the IAQ in sleeping environments across different climates.

Originally, it was planned to have a topical session on this topic at the [IAQ 2020 Conference](#), co-sponsored by AIVC and ASHRAE. As it could not be presented in-person at the conference, it is therefore being offered in this virtual format. This webinar is organized by the [AIVC](#) & [ASHRAE](#). The webinar is facilitated by [INIVE](#).

Programme (Brussels time)

- 10:00 | Introduction. What is this Workshop about? *Chandra Sekhar, National University of Singapore, Singapore*
- 10:05 | An overview of Ventilation and IAQ Standards for sleeping environments, *Chandra Sekhar, National University of Singapore (NUS), Singapore*
- 10:20 | Thermal environment and sleep quality, *Li Lan, Shanghai Jiao Tong University, China*
- 10:35 | Questions and answers
- 10:45 | Ventilation and IAQ in bedrooms, *Jelle Laverge, Ghent University, Belgium*
- 11:00 | ASHRAE Research Project - 1837-TRP "The Effects of Ventilation in Sleeping Environments", *Pawel Wargocki, ICIEE/DTU, Denmark*
- 11:15 | Questions and answers
- 11:30 | End of webinar



Cost and registration

Participation to the webinar is free but requires you to register for the event. The webinar will be limited to a maximum of 1000 persons. To register, please click on the "Register now" button above.

What is a webinar?

A webinar is a conference broadcasted on internet. To follow a webinar, you must have a computer with a sound card and speakers or headphones. Once logged in the "webinar room", you will be able to see the slides of the presentation and to hear the panellists' comments. You will also be able to ask written questions to the speakers, and to answer on-line surveys.

Hardware, software

Our webinars are powered by WebEx. The only thing you need is a computer with a sound card and speakers. Before you can log in the "webinar room", WebEx will install the required application. If you are not a WebEx user, please visit <https://help.webex.com/en-us/landing/ld-7srxjs-WebexWebinars/Webex-Webinars#Join-Webinars> to check the system requirements and be informed on how to join a webinar. Please also join the event at least 10 minutes in advance.

About ASHRAE

Founded in 1894, ASHRAE (www.ashrae.org) is a global professional society committed to serve humanity by advancing the arts and sciences of heating ventilation, air conditioning, refrigeration, and their allied fields. As an industry leader in research, standards writing, publishing, certification and continuing education, ASHRAE and its members are dedicated to promoting a healthy and sustainable built environment for all, through strategic partnerships with organizations in the HVAC&R community and across related industries.

About AIVC

Created in 1979, the Air Infiltration and Ventilation Centre (www.aivc.org) is one of the projects/annexes running under the International Energy Agency's Energy in Buildings and Communities (IEA-EBC) Programme. With the support of its member countries as well as key experts and two associations (REHVA, IBPSA, ISIAQ), the AIVC offers industry and research organisations technical support aimed at better understanding the ventilation challenges and optimising energy efficient ventilation.

The AIVC activities are supported by the following countries: Australia, Belgium, China, Denmark, France, Greece, Italy, Ireland, Japan, Netherlands, New Zealand, Norway, Republic of Korea, Spain, Sweden, UK and USA.

About INIVE

INIVE (International Network for Information on Ventilation and Energy Performance) was created in 2001. The main reason for founding INIVE was to set up a worldwide acting network of excellence in knowledge gathering and dissemination. At present, INIVE has as member organisations BBRI, CETIAT, CSTB, eERG, Ghent University, IBP-Fraunhofer, KU Leuven, NKUA, SINTEF, and TNO (www.inive.org)

INIVE is coordinating and/or facilitating various international projects, e.g. AIVC (www.aivc.org), TightVent Europe (www.tightvent.eu), venticool and Dynastee (www.dynastee.info). INIVE has also coordinated the ASIEPI project dealing with the evaluation of the implementation and impact of the EU Energy Performance of Buildings Directive, the QUALICHeCK project aiming towards improved compliance and quality of the works for better performing buildings, BUILD UP the European portal on Energy Efficiency and the EPBD feasibility study 19a.

