



BUYER'S GUIDE:  
**COOL RUNNINGS**

WHETHER YOU'RE TRYING TO CHILL A WHOLE HOME OR A SINGLE ROOM, HERE'S HOW TO BEAT THE HEAT THIS SUMMER

WORDS VANESSA KEYS

**WHAT YOU USE** to cool your home depends on two things: where you live, and the type and size of the space you're cooling. If you're hot and sweaty for just a few weeks each year, you can get away with portable fans and a refreshing cross breeze. On the other hand, if you're cooling a whole house in a humid climate, you'll need to invest in a ducted refrigerative air conditioner to keep the whole family happy. Read on for the best options for you, plus some savvy tips to save energy. >





## AIR CONDITIONERS

*These are the queens of cooling and work by removing the heat inside your home by transferring it outdoors. They're highly effective, but only if you invest your money in the right type for your space – too small and it will struggle to keep up with demand, too big and it won't have time to remove enough moisture. So what do you choose?*

**IF YOU WANT TO COOL A SINGLE ROOM:** "Go for a single split system," says Dan Tosh, national marketing manager at Daikin. "These consist of an outdoor unit and an indoor unit, either wall mounted (left) or floor-standing." These are ideal for renters or heritage homeowners who can't install a ducted system and just want to cool one space, such as an open-plan living room.

**IF YOU WANT TO COOL SEVERAL ROOMS:** "Multi-split systems let you connect additional indoor units to one outdoor unit," says Dan. You can heat or cool a number of rooms at a time and also set different temperatures per indoor unit. "These are ideal for homes with multiple bedrooms and limited space for ducting," says Atesh Mani, national product manager at Mitsubishi Electric. "They also save on running costs by only cooling rooms as needed."

**IF YOU WANT WHOLE-HOME COMFORT:** A ducted system is the best option for those needing to heat and cool the entire home. "Ducted systems have an outdoor unit and an indoor unit located in the roof space," says Dan. "The conditioned air is distributed throughout your home via vents (see below left). The key benefit is the ability to heat and cool your home in a discreet manner with only the controller, vents and grilles visible." In general, the recommendation is to choose refrigerated cooling if you're in a dry climate and evaporative if your house is located somewhere cooler.

**IF YOU WANT HEATING AND COOLING:** Choose a reverse cycle system for all-year-round relief, no matter the weather.

*"In the average Aussie home, heating and cooling account for about 40 per cent of total energy usage" ~ Bruce Leigh, LG*



*energy saving tip:*  
**SIZE MATTERS**  
"Models that are too powerful for a room will run a lot of short cycles to achieve the ideal temperature," says Bruce Leigh, LG marketing manager. "This will result in the room getting too hot or cold and raise power usage."

PHOTOGRAPHY (THIS PAGE CLOCKWISE FROM TOP): CHRIS WARNES, SHANIA SHEGEDYN, AARON PERKINS. (OPPOSITE) DEREK SWALWELL



*energy saving tip:*  
**TIME TO VENT**  
Clean or replace the filter in your air conditioner at least once a month, and regularly clean the vents. When the filter is clogged, the air conditioner has to work harder – and the harder it works, the more money it costs. >



## CEILING FANS

*Nothing says summer like the whirring of a fan above you. They accelerate the evaporation of perspiration by moving air around the room and, when used correctly, can be a great alternative to split systems. In summer, set the fan to turn counterclockwise to force the air downwards.*

**BUY TO LAST:** Ceiling fans are on display for everyone to see, so pick a design that fits into your scheme and you can see working well into the future. There's very little difference in efficiency between wooden, steel, aluminium or plastic fan blades, so choose the one that best suits your look.

**LOOK OUT FOR:** Four or five blades are quietest and most efficient, and you'll want them angled no less than 12 to 14 degrees.

**EXPERT TIP:** Fans in older homes will most likely have an alternating current (AC) motor, but if you can, choose a direct current (DC) motor - not only do they use less energy, they're also much quieter and come with greater speed options.

*energy saving tip:*

**SWITCH THE SHEETS**  
To reduce the need for fan time, eschew the flannel and fleece for cotton or linen, which breathe easier and stay cooler. Or try a buckwheat pillow, which doesn't hold onto your body heat. >





*"We're seeing a shift towards slimline cooling devices that don't take up too much space" ~ Joe De Bella, Panasonic*

## PORTABLE FANS

*Fans cool air by moving it around the room – they don't lower the temperature but they'll make you feel less hot and bothered. Tower or column fans are ideal for medium to large rooms as they have a powerful airflow and a slimline shape, while pedestal fans are great for small to medium spaces.*

**BUY TO LAST:** Because fans are generally cheap to buy, Atesh Mani, product manager at Mitsubishi Electric, says it's worth paying that little bit more for something that's good quality. "Look for a fan that's solidly built with lots of different operating speeds," he says. "A fan with a 'natural' or 'rhythm' mode will replicate a natural breeze, which is particularly useful for running over long periods of time."

**LOOK OUT FOR:** Pay attention to noise levels, especially if you plan to use it through the night. And if you have young kids, consider a bladeless fan to eliminate the risk of injury to small fingers.

**EXPERT TIP:** If the outside air is colder than inside, turn your fan so it faces toward an open window and blow hot air out of the room. It's even better if you can open another window elsewhere to get a good cross breeze going. **HB**

## SHOPPING

*Our pick of the most innovative designs on the market:*



Connect LG's reverse cycle split system air conditioner to their app and keep your house cool wherever you are, from \$1259, [lg.com/au](http://lg.com/au).

Looking for tall and slimline? Opt for the Sunbeam FA7250 tower fan, \$89.95, [thegoodguys.com.au](http://thegoodguys.com.au).



Dyson's 'Pure Hot+Cool Link' purifier fan captures 99.95 per cent of fine particles, such as allergens and pollutants, \$799, [dyson.com.au](http://dyson.com.au).



You'll forget you even have the aircon on with Daikin's whisper quiet 'Cora' series of air conditioners, from \$1049, [daikin.com.au](http://daikin.com.au).



The Mitsubishi Electric MSZ-EF series air conditioner features a nano platinum deodorising filter to improve air quality – plus, it comes with wi-fi controls for remote use, and is available in bold black. From \$1999, [mitsubishielectric.com.au](http://mitsubishielectric.com.au).