

## Chapter 4: COMFORT AND DESIGN STRATEGIES

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### Summary

This chapter presents the concept of thermal comfort, an introduction to climate issues and analysis, and the role of buildings as a mediator between climate and comfort. A building is one of three layers that separate our deep body temperature from the conditions in the external environment; our skin and clothing are the other two layers.

Metabolism, changing in magnitude with activity level, generates heat that must be dissipated to the environment for us to remain healthy and comfortable. A number of bodily response mechanisms regulate the flow of heat from the body core to the skin surface. Heat transfer from the skin to the environment can occur via conduction, convection, radiation, and evaporation. Clothing acts as a mediator between the body and the thermal environment.

Thermal comfort is defined as a “feeling of [thermal] well-being” that can be affected by physical (both personal and environmental) and psychological factors. The importance of psychological factors to building design is emphasized. Physical environmental factors include: air temperature, air motion, relative humidity, and surface temperatures (or radiation). Localized comfort effects are described. ASHRAE comfort recommendations (via Standard 55-2004) are reviewed, with a caution that they tend to downplay the psychological factors. Comfort standards (bioclimatic) that may be more applicable to the design of passive buildings are introduced. These standards begin to draw a link between comfort and climate.

Climate is presented as the character of the ambient thermal environment into which a building is placed. Analysis of climate can provide a valuable tool for building design—suggesting how and when a building should modify naturally occurring conditions. Olgyay’s timetables of climatic needs are presented and discussed. Basic design strategies for passive cooling and heating are introduced and linked to climate analysis. Passive cooling strategies include: natural ventilation, high-mass construction, high-mass with night ventilation, and evaporative cooling. Passive heating strategies include: direct gain, indirect gain, and isolated gain approaches. Combined heating and cooling strategies—including daylighting as a valuable adjunct to thermal scheming—are discussed in general terms. Visual and acoustical comfort are noted as being much less holistically developed areas of design than thermal comfort.

### Chapter Outline

- 4.1 The Body
  - (a) Metabolism
  - (b) Heat flow
  - (c) Clothing
- 4.2 Thermal Comfort
  - (a) Comfort standards
  - (b) Passive building comfort standards
  - (c) Localized comfort
- 4.3 Design Strategies for Cooling
  - (a) Natural ventilation cooling
  - (b) High-mass cooling
  - (c) High-mass cooling with night ventilation
  - (d) Evaporative cooling
- 4.4 Design Strategies for Heating
  - (a) Direct gain
  - (b) Indirect gain

# Chapter 1 Design Process

**Frank Conforti**



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## **Table of Contents Chapter 1 Design Process**

1. Understanding the eBook Chapter 1 Design Process
  - The Rise of Digital Reading Chapter 1 Design Process
  - Advantages of eBooks Over Traditional Books
2. Identifying Chapter 1 Design Process
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Chapter 1 Design Process
  - User-Friendly Interface
4. Exploring eBook Recommendations from Chapter 1 Design Process
  - Personalized Recommendations
  - Chapter 1 Design Process User Reviews and Ratings
  - Chapter 1 Design Process and Bestseller Lists
5. Accessing Chapter 1 Design Process Free and Paid eBooks
  - Chapter 1 Design Process Public Domain eBooks
  - Chapter 1 Design Process eBook Subscription Services
  - Chapter 1 Design Process Budget-Friendly Options

6. Navigating Chapter 1 Design Process eBook Formats
  - ePub, PDF, MOBI, and More
  - Chapter 1 Design Process Compatibility with Devices
  - Chapter 1 Design Process Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Chapter 1 Design Process
  - Highlighting and Note-Taking Chapter 1 Design Process
  - Interactive Elements Chapter 1 Design Process
8. Staying Engaged with Chapter 1 Design Process
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Chapter 1 Design Process
9. Balancing eBooks and Physical Books Chapter 1 Design Process
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Chapter 1 Design Process
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Chapter 1 Design Process
  - Setting Reading Goals Chapter 1 Design Process
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Chapter 1 Design Process
  - Fact-Checking eBook Content of Chapter 1 Design Process
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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