

Central heating controls

Getting the hang of how to control your central heating and hot water can be a bit confusing.

There are room thermostats and thermostatic radiator valves, timeclocks and programmers, and then the big debate about whether you leave it on all day or set it to come on at set times.

1. Room thermostats
 - a. Mechanical thermostat
 - b. Electronic programmable room thermostat
2. Programmers
 - a. Digital programmer
 - b. Timeclock programmer
3. What temperature should I set my room thermostat to?
4. When should I have my heating on?
5. Thermostatic r

2.a. Digital programmer

If you have had a new boiler in the last few years, you will probably have a digital programmer to set the times your central heating turns on. This is usually found in your airing cupboard.

2.b. Timeclock programmer

Timeclock programmers have a clock with either sets of pins or arrows to set the programme. It will look something like this.

Pins: If the timer has pins, push them in against uns

6.