# Go 25

## Indoor Comfort Snapshot


Your guide to optimising indoor temperatures for better business outcomes, healthier workplaces, and a more sustainable Singapore.

GO 25

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# Singapore's Indoor Temperature Paradox

# The Cold Reality of Indoor Spaces

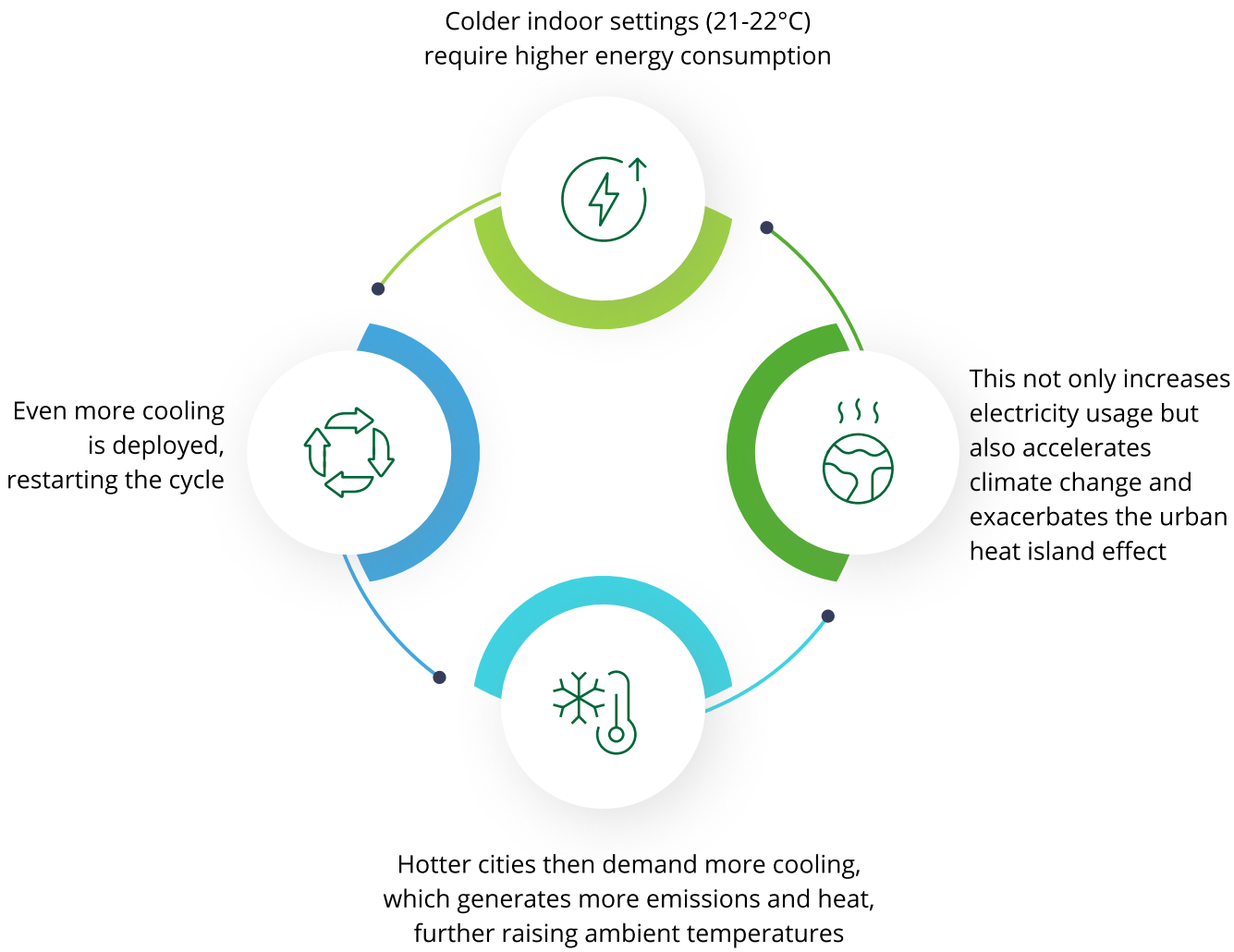

Singapore's commercial buildings are overcooling at 21-22°C[1], consuming 40-50% of their total energy for cooling alone[2]. This translates directly to your bottom line, while research shows that Singaporeans actually prefer temperatures around 25°C.

Despite Singapore's recommended indoor temperature standards of 24-26°C, field studies reveal that actual temperatures in office buildings are maintained at much lower levels[3,4]. This conventional wisdom of 'colder is better' is costing your business in three key areas: unnecessary energy expenditure, reduced productivity, and increased environmental impact.

[1]Alnuaimi et al. (2022). Energy and Buildings.
[2]Yong, J.Y. (2021). The Business Times.
[3]Sikram et al. (2020). Frontiers in Built Environment.
[4]Schiavon et al. (2016). Indoor Air.

# Breaking the Vicious Cycle

The current practices have created a self-reinforcing loop:




By adjusting your indoor temperature setpoint to at least 25°C, you can break this cycle, reducing energy consumption while creating more comfortable environments that enhance productivity.

Research from the UC Berkeley SinBerBEST team shows that Singaporean office workers experience optimal comfort and productivity at indoor temperatures of 25–26°C – significantly warmer than current practices[5]. But what do your employees and tenants actually want? Our Indoor Comfort Quiz provides surprising insights about temperature preferences and optimal workplace comfort.

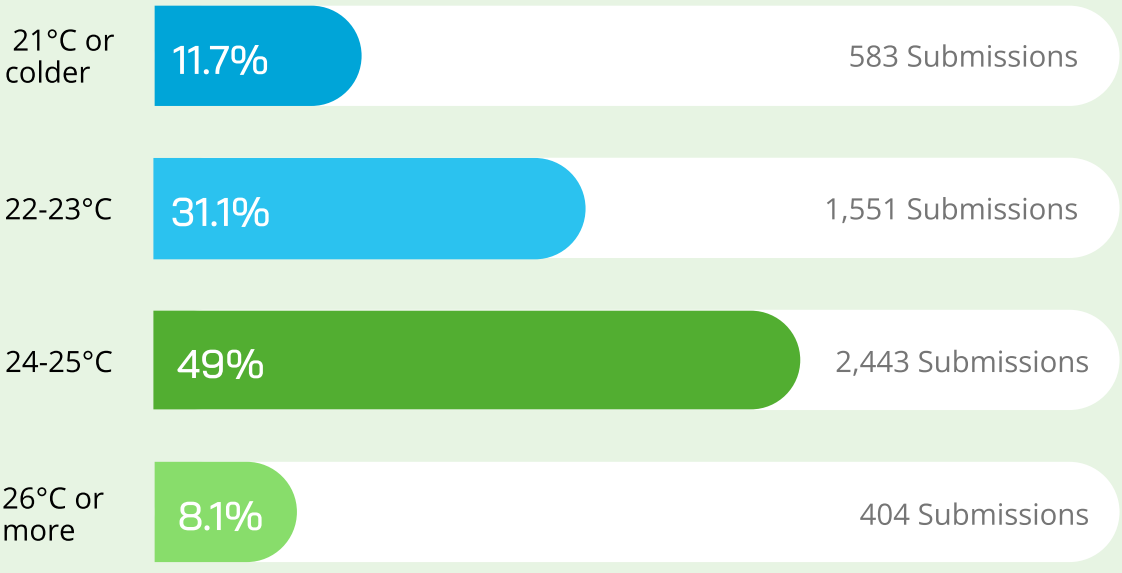
[5]Lipczynska et al. (2018). Building and Environment.

# Temperature Truths: Singapore's Indoor Comfort Reality Check

# Singapore's Indoor Comfort Profiles

Our Indoor Comfort Quiz reveals a striking reality about Singapore's commercial buildings: the conventional practice of overcooling at 21-22°C misaligns with what most occupants actually prefer.


The quiz was launched in early May 2025 through both targeted outreach and social sharing – the findings presented here represent responses from 5,000 Singaporeans to date. Questions assessed thermal sensation, clothing preferences, coping behaviours, and temperature preferences – measures similar to those used in scientific research on thermal comfort.




With this robust dataset, our analysis unveils three distinct temperature preference groups, confirming scientific research that Singaporeans generally prefer temperatures closer to 25°C.

# Uncomfortably Cold (43%)

## Always reaching for an extra layer

These individuals struggle in overcooled environments despite their best attempts to adapt.

Our quiz revealed striking compensation patterns within the Uncomfortably Cold group:

**63%**

report always layering up or wearing long sleeves in air-conditioned buildings

**74%**

regularly grab hot drinks or add layers just to feel comfortable

**63%**

actually step outside the building to warm up

These rates are more than double the incidence found across all respondents in our survey (27%, 32%, and 27% respectively), highlighting just how significantly this group is affected by overcooling. These compensating behaviours divert focus from work tasks and create unnecessary discomfort – a clear signal that current temperature settings are missing the mark for a significant portion of your workforce.

At 25°C, these employees could redirect their energy from managing discomfort to more value-added work.

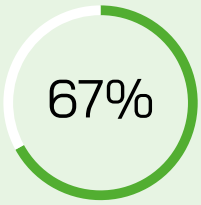
# Comfortably Optimised (39%)

## The indoor comfort champions

Preferring temperatures around 25°C, these individuals have mastered personal adaptation for optimal comfort.

Our quiz reveals the distinctive strategies adopted by this group


of Comfortably Optimised adjust their situation by switching spots when needed — more than double the overall average (15%)




report feeling perfectly comfortable at 24-25°C – notably higher higher than the overall average (49%)

Their practical approaches translate to steadier focus and fewer disruptions to workflow, with many also wearing lighter clothing or using desk fans to create personalised comfort zones.

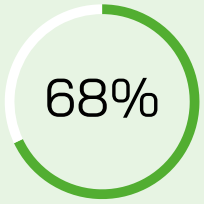
Their preference aligns perfectly with Singapore's recommended temperature standards, representing the sweet spot where comfort meets sustainability.

# Cooling-Inclined (18%)

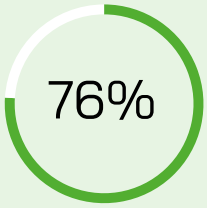
## Driving temperatures down

This active minority tends to favour significantly lower temperature settings below 23°C.

Our quiz revealed that only 11.7% of all respondents prefer temperatures at or below 21°C (and Cooling-Inclined make up the majority of this already small group). Their behaviour is distinctly proactive:




of this group report they "adjust the thermostat (or find the person who can)" when temperatures aren't to their liking



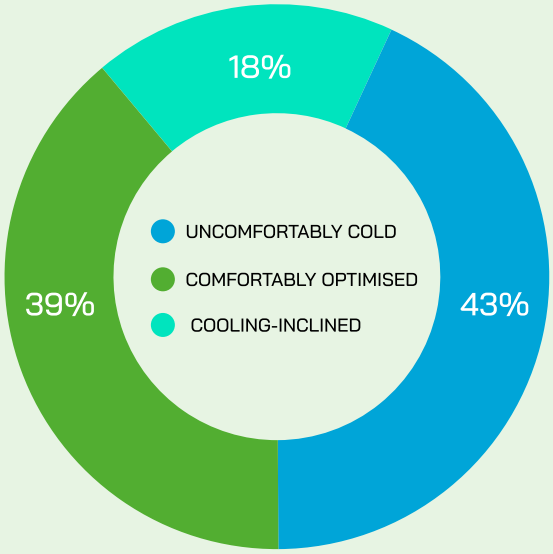

often question "Is the AC even on?" in environments others find comfortable

While representing a smaller percentage of occupants, their comfort preferences can significantly influence workplace temperature decisions, sometimes leading to settings that feel too cool for the majority. These individuals genuinely thrive in cooler conditions, but their preferences may unintentionally impact others' comfort and building energy use.

# Quiz Insights: Your Temperature Strategy

The data presents a clear picture: a combined 82% of your workforce likely prefers or is comfortable at moderate temperatures (24–25°C), not the colder settings common in many Singapore offices.

This challenges the conventional wisdom of keeping offices excessively cool and breaks the vicious cycle of overcooling described in the earlier section of this report.




**82%** of respondents prefer or function optimally at moderate temperatures (24-25°C), challenging the conventional wisdom of keeping offices at 21-22°C

These quiz insights provide the foundation for the remainder of this report. In the following sections, you'll discover:

### 3. The Business Case for 25°C

The detailed business case for 25°C, including specific energy savings, productivity benefits, and health improvements

### 4. Making the Transition to 25°C

Practical implementation strategies to make the transition smooth and effective

### 5. Occupant Engagement Strategies

Key approaches to engage occupants and address concerns based on these temperature profiles

By understanding these temperature preferences, you're now equipped to make evidence-based decisions that benefit both your business outcomes and occupant wellbeing.

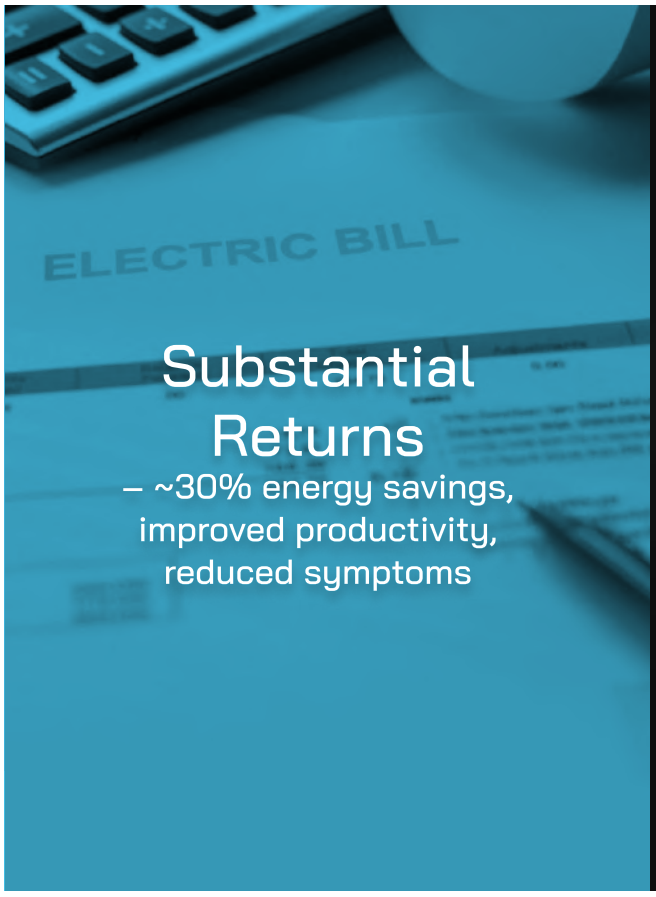
# The Business Case for 25°C

# ROI at a Glance:

Setting your office temperature to 25°C delivers three measurable business advantages: reduced operational costs, improved employee performance, and enhanced staff wellbeing.

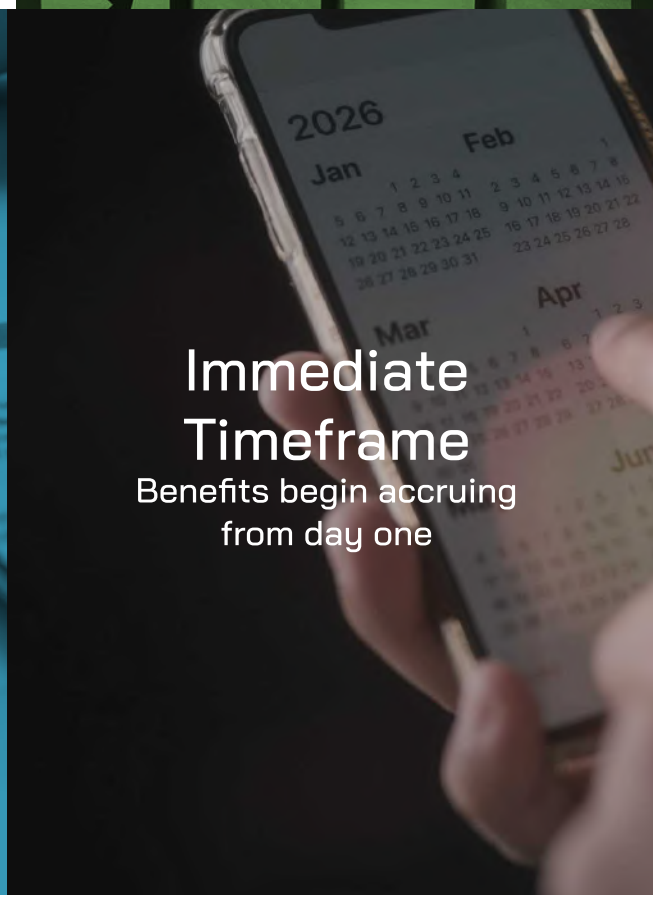
## Minimal Investment

Primarily involving thermostat adjustments and communication




## Substantial Returns

– ~30% energy savings, improved productivity, reduced symptoms




## Immediate Timeframe

Benefits begin accruing from day one

# Energy Savings: Direct Impact on Your Bottom Line

With buildings accounting for approximately 20% of Singapore's carbon emissions[6], excessive energy use through overcooling represents both a financial and reputational risk to your business. As our quiz revealed, this overcooling often caters to just 18% of occupants – the Cooling-Inclined – while driving up costs for everyone.

A 2025 study by Ngee Ann Polytechnic's Centre for Environmental Sustainability (CfES), demonstrates significant energy savings from modest temperature adjustments. The research found that raising air-conditioning setpoints by 1°C (within the 23°C–25°C range) reduces cooling energy use by up to 12%[7].

UP TO
12%
ENERGY SAVINGS

Separately, a research pilot by UC Berkeley's Singapore alliance demonstrated that increasing setpoints from 24°C to 26.5°C and using energy-efficient ceiling fans achieved a 32% reduction in energy consumption without compromising thermal comfort[8].

32%
REDUCTION

Every degree matters — A study in partnership with Ngee Ann Polytechnic's Centre for Environmental Sustainability (CfES) showed energy savings of up to 12% for each degree raised in air-conditioning temperature from 23°C to 25°C in offices, with no reported increase in occupant discomfort.

These findings are consistent with our own survey results, which show that 82% of occupants are comfortable at moderate temperatures, supporting the case for sustainable cooling practices.

As sustainability becomes increasingly important to stakeholders, addressing overcooling represents a tangible way to demonstrate environmental leadership while reducing operational costs.

The scale of potential savings is substantial. As energy costs continue to rise, adjusting energy usage delivers a return on investment that few other operational changes can match.

[6]BCA. (2022). BuildSG e-Magazine.
[7]Ngee Ann Polytechnic. (2025). LinkedIn.
[8]Vo, K. (2023). UC Berkeley Research.

# Energy Savings: Direct Impact on Your Bottom Line

Our Indoor Comfort Quiz found that the Uncomfortably Cold group (43% of respondents) struggle with distracting compensating behaviours in overcooled environments, while the Comfortably Optimised group (39%) report steadier focus at 25°C. Contrary to the common perception that cooler environments enhance worker productivity, research indicates otherwise – workers in Singapore office environments actually prefer a more comfortable temperature.


Research from Singapore University of Social Sciences (SUSS) challenged the notion that colder office environments are better. When comparing cognitive performance at 21°C versus 25°C, participants maintained similar accuracy levels but showed 10% faster reaction times in the warmer environment[9]. This productivity boost applied to typical office tasks requiring focused attention and quick decision-making, without increasing headcount or costs.

**10% PRODUCTIVITY BOOST:** At 25°C, employees work 10% faster — adding 4 extra productive hours per employee per week without increasing headcount or costs.

Furthermore, the UC Berkeley's research also found a 10 percent increase in occupant satisfaction at higher indoor temperatures[10]. This wellbeing boost can further support office productivity.

[9]CNA Insider (2023). YouTube.
[10]Vo, K. (2023). UC Berkeley Research

# Energy Savings: Direct Impact on Your Bottom Line

Perhaps most compelling is the impact on employee health. The Tokyo Metropolitan University study not only revealed that Singaporeans' actual comfort temperature is around **24.8°C**, but also found that symptoms like fatigue and drowsiness were significantly higher at 21-22°C compared to 25-26°C[11].

People exposed to temperatures of 21-22°C frequently reported:

- Feeling cold in unclothed parts of the body (47.1%)
- Fatigue (23.5%)
- Drowsiness (29.4%)

These symptoms decreased significantly in warmer environments of 25-26°C, and only 15% of people reported feeling cold (down from 47%). These scientific findings align closely with our quiz results, where 43% of respondents fall into the "Uncomfortably Cold" group who struggle in overcooled environments. For your business, this translates to reduced absenteeism, fewer productivity losses, and potentially lower healthcare costs.

**The 25°C Advantage: By the Numbers**

| Benefit Area | Current Practice (21-22°C) | Optimised at 25°C | Potential Impact |
|---|---|---|---|
| Energy Consumption | Baseline | Falls 12% when raising temperature by 1°C<br>Falls 32% when complemented with fans | Reduced operating costs, smaller carbon footprint |
| Symptom Reports | 47% report cold discomfort | 15% report cold discomfort | Fewer sick days, higher engagement |
| Performance | Baseline | • Improved concentration and alertness: 10% faster reaction time<br>• Higher occupant satisfaction: 10% higher | Enhanced productivity and decision-making |

Maintaining appropriate temperatures isn't just about comfort — it's about creating conditions where employees can thrive physically.

These advantages make 25°C not just an environmental choice, but a sound business decision. In the next section, we'll show you how to implement this change with minimal disruption and maximum benefits.

[11]Sikram et al. (2020). Frontiers in Built Environment.

# Making the Transition to 25°C

# Four Implementation Strategies That Deliver Results

For Singapore's business leaders, the question isn't just theoretical – it's practical:

> How will a 25°C office impact my operations and how do I implement this effectively?

The evidence shows that 25°C represents the sweet spot where comfort meets sustainability and productivity. This section therefore provides a practical implementation framework that ensures your transition to Go 25 enhances both sustainability and occupant satisfaction.

# Hybrid Cooling: The Power of Air Movement

01

Incorporating ceiling fans or desk fans alongside air-conditioning setpoints at 25°C creates a powerful hybrid cooling system. As noted earlier, UC Berkeley's research in Singapore demonstrated that with fans providing elevated air movement, a 32% reduction in energy was achieved whilst maintaining thermal satisfaction amongst office workers.

This approach mirrors the adaptation strategies of our "Comfortably Optimised" (39% of quiz respondents), who naturally maintain comfort through appropriate personal adjustments rather than demanding lower temperatures.

Implementation Options:

### Ceiling Fans

in shared spaces (meeting rooms, open areas)

### Desk Fans

for individual control (particularly beneficial for those who prefer cooler environments)

### Strategic Placement

to avoid paperwork disruption or visual distractions

**Personal Control Matters:** Research shows that personal control of air velocity through desk fans significantly enhances comfort at higher temperatures, increasing satisfaction at 25°C or even higher.

# Flexible Dress Codes: Practical Adaptations

02

Dress code modifications can support higher temperature adjustments to airconditioning. Our quiz reveals the importance of appropriate clothing choices – 24% of all respondents already prioritise "the lighter the better" approach to stay cool indoors, with even higher rates among the Comfortably Optimised who maintain comfort at 25°C.

## Consider implementing these practical dress code shifts in your premises:

Short-sleeved business shirts without ties or jackets

Lightweight trousers, skirts or dresses made from breathable fabrics (cotton, linen blends)

Business casual options that maintain professional appearance while prioritising comfort

Smart casual Fridays with expanded options

Leadership modeling of these dress adjustments is crucial for establishing new norms, as seen with Japan's Cool Biz campaign. Since 2005, this annual initiative (May to September) has successfully combined higher air conditioning temperatures with the call for relaxed dress codes in offices; promoting short-sleeved shirts, blouses, and lighter fabrics to maintain comfort while reducing energy consumption[12].

[12]Ministry of the Environment, Japan (n.d.). CoolBiz website.

# Flexible Dress Codes: Practical Adaptations

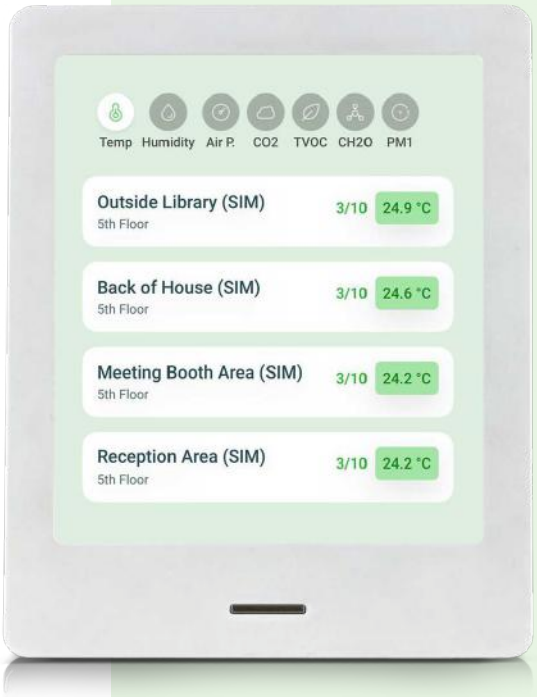
When the Japanese government launched Cool Biz to create energy savings by raising air conditioning temperatures in the summer of 2005, people were concerned their dressing would look undignified and sloppy. So, cabinet ministers and the Prime Minister made an effort to be photographed in lighter attire, signaling that the change was acceptable at all organisational levels. What started out as a public sector initiative soon grew to influence the private sector and has since become an annual event of social custom. In 2025 CoolBiz evolved to become “Decokatsu” - "DE"carbonization, "ECO", and "Katsu" (Japanese word for activity and lifestyle) - a national movement to change people's behavior and lifestyles toward the achievement of the 2030 GHG emission reduction target and carbon neutrality in 2050.


Similarly, your organisation's leadership should visibly adopt and champion the new dress code to normalise the shift in workplace culture. Leading by example may also encourage the rest of the organisation to make appropriate clothing choices for 25°C rather than pushing for energy-intensive lower temperatures.

# Thermal Zoning: Targeted Comfort

03


Different areas within your building have different cooling needs based on occupancy, equipment heat loads, and activity levels. Where feasible:




- Design spaces to account for varying activity levels and occupant density
- Provide shared controls for different zones
- Integrate smart controls to automatically adjust meeting room temperatures based on booking status (where building systems allow)
- Consider activity-based working environment where people can choose spaces based on their comfort preferences
- Install visual temperature displays using indoor air quality sensors to provide real-time feedback to occupants
- Place Go 25 campaign decals directly on air conditioning units as constant reminders for individuals to maintain the 25°C setting (refer to section 6 for more details)

This allows for customised comfort without overcooling the entire building and accommodates varied needs while maintaining your overall 25°C standard.

# Building Systems Adjustments

04

An Industry Guide will be available for facilities and building management teams. In the interim, you can work with your facilities team to implement technical adjustments that will help facilitate a 25°C setpoint such as:

- Adjust thermostat setpoints gradually (e.g. 0.5°C per week)
- Review and adjust fresh air ventilation rates if needed
- Schedule regular maintenance to ensure optimal system performance

## Addressing Common Concerns

### "Won't higher temperatures reduce productivity?"

No—research shows the opposite. At 25°C, employees actually demonstrate better concentration, faster reaction times and higher satisfaction compared to overcooled environments[13]. This is further validated by our quiz, where 82% of respondents either prefer or function well at a more comfortable indoor temperature.

### "What about visitor perceptions?"

Communicate your sustainability leadership clearly. Many visitors will appreciate your forward-thinking approach, especially as more organisations adopt similar practices[14].

### "How do we handle employee concerns?"

Provide targeted solutions like desk fans or flexible seating for those who need additional cooling options. The combination of clear communication (covered in the next section) and practical adaptations addresses most concerns effectively[15,16].

### "If we nudge the thermostat up, won't mould start appearing?"

No—mould thrives on moisture, not warmth. Overcooling to 21°C creates condensation when cold surfaces meet Singapore's humid air, providing exactly what mould needs to grow. At 25°C, you eliminate this temperature differential and the condensation that feeds mould, while proper ventilation keeps humidity controlled within Singapore's recommended SS554 standards[17,18].

While these strategic considerations provide the business framework for your 25°C implementation, success ultimately depends on implementation support, starting with effective occupant engagement – the focus of our next section.

[13]CNA Insider (2023). YouTube.
[14,15]WorldGBC (2024). Annual Report 2023-2024.
[16]WorldGBC (2014). Health, Wellbeing & Productivity in Offices.
[17]WSH Council (2016). Workplace Safety and Health Guidelines Management of Indoor Air Quality in Air-Conditioned Workplaces
[18]Pico x Health (2025). "What is the main cause of mould in Singapore,".

# Occupant Engagement Strategies

Implementing 25°C is not merely a technical adjustment – it's fundamentally about people. The strategies below offer practical, low-cost approaches that make the transition smoother while maximising business benefits. Remember, the most compelling business case for 25°C is one you create through your own organisation's experience.

# Step 1: Strategic Communication

Clear, purposeful communication is essential for a successful transition. Follow this simple approach for success:

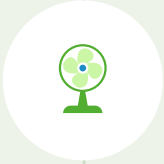
## 01

Begin communications 2-3 weeks before implementation

## 02

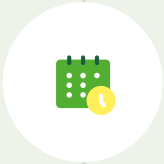
Start with a clear business rationale that includes:

- Energy cost savings (12% per 1°C raised)
- Productivity benefits (10% improved reaction time)
- Comfort benefits (fewer people reporting feeling cold)
- Alignment with Singapore's sustainability goals



## 03

Provide specific details on comfort measures (fans, dress flexibility)



## 04

Be transparent about the adjustment period

## 05

Specify feedback channels and how input will be addressed

Be sure to acknowledge all three temperature preference groups identified in our quiz – this demonstrates that you understand the diversity of comfort needs while explaining why 25°C represents the optimal balance point for 82% of occupants.

# Step 2: Establish a Structured Feedback System

Temperature satisfaction is both objective measurement and subjective experience. Capture this vital information before, during and after implementation:

**01**
Launch a simple pulse survey before implementation (baseline)

**02**
Follow up with weekly short surveys (2-3 questions) during transition

**03**
Track patterns by department, building zone, and time of day

**04**
Establish both anonymous digital options and scheduled discussions

**05**
Create a clear resolution process for concerns

**Response Rate Matters:**
Make feedback easy and acknowledge all input, even if you can't accommodate all requests. The World Green Building Council notes that response rate is often more important than the feedback itself for maintaining satisfaction.

Your feedback system should be particularly attentive to responses from the "Cooling-Inclined" (18% in our quiz) who prefer colder settings, ensuring their concerns are addressed through targeted solutions and guidance that don't impact the needs of the remaining 82%.

# Step 3: Engage Key Stakeholders as Partners

People support what they help create, and strategic stakeholder engagement significantly increases adoption rates:

**01**
Form a "Comfort Champions" team with representatives from different departments

**02**
Conduct pre-implementation workshops to address concerns proactively

**03**
Create a communication cascade through team leaders

**04**
Share simple performance metrics weekly (energy use, satisfaction rates)

**05**
Highlight early wins and address challenges transparently

Consider setting up your champions team to include representatives from each of the temperature preference profiles identified in our quiz – especially those who fall into the "Uncomfortably Cold" group (43%), as they can powerfully advocate for the benefits they'll experience at 25°C.

# Step 4: Visible Leadership Modeling

Leadership behaviour dramatically influences adoption rates. When executives visibly support the change, others will follow:

- Have management visibly model appropriate office attire
- Include indoor temperature strategy in leadership communications
- Participate in feedback sessions to demonstrate commitment
- Share personal adaptation experiences in company forums
- Recognise departments successfully adapting to the change

## Case study: CDL's 25°C Success Story
## Every small change adds up to a larger climate impact

City Developments Limited (CDL) has successfully implemented 25°C as their indoor temperature standard across corporate offices, balancing energy efficiency with occupant comfort and engagement.

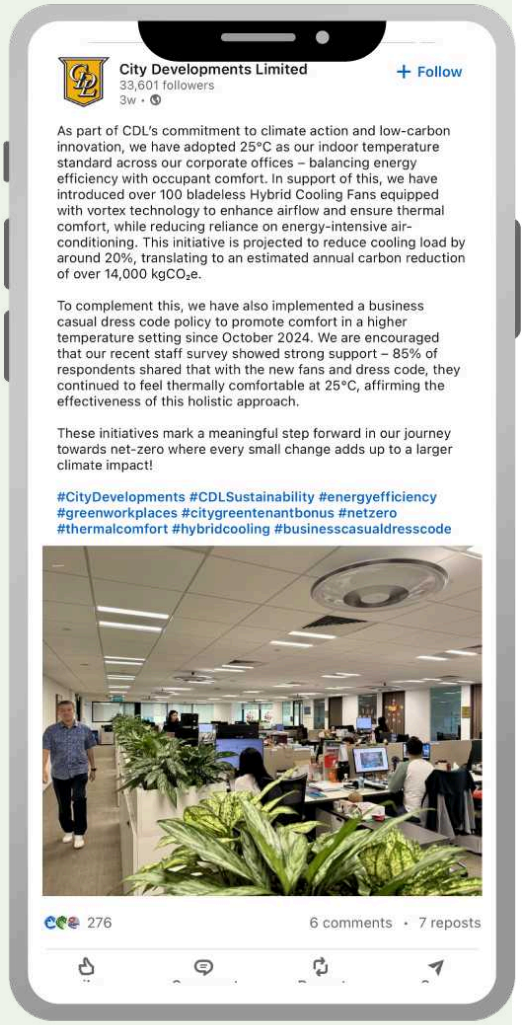
**Their holistic approach included:**

- Installing over 100 bladeless Hybrid Cooling Fans with vortex technology
- Implementing a business casual dress code policy since October 2024
- Focusing on both technology and workplace policy changes

**The Results:**

- 85% of staff reported continued thermal comfort at 25°C
- Approximately 20% reduction in cooling load
- Estimated annual carbon reduction of over 14,000 $kgCO_2e$

This initiative demonstrates that with appropriate complementary measures, offices can maintain comfort while setting temperatures at 25°C, delivering meaningful climate impact as part of CDL's journey towards net-zero.



# Measuring Your 25°C Success: The Business Metrics

**Track these three key metrics to quantify the impact of your 25°C implementation:**

### Complaint Reduction

Record the number and type of temperature-related complaints before and after implementation. A successful transition will show complaints declining over time.


### Employee Satisfaction

Conduct brief quarterly surveys asking employees to rate their indoor comfort level and productivity. This captures the crucial human perception element that technical measurements miss.


### Energy Consumption

Track cooling-related energy use to demonstrate cost savings. Even a 10% reduction translates to significant financial benefits over time.

The barriers to implementing these strategies are intentionally low, while the potential rewards are significant. By taking these practical steps, your organisation can create its own compelling business case for 25°C – one based on direct experience rather than hypothetical benefits.

Taking the pledge is your next step toward joining Singapore's community of forward-thinking organisations committed to sustainable comfort.

# Take Action: Make the Pledge

The journey to sustainable comfort at 25°C begins with a single, simple step – your pledge to 'Go 25'. By joining Singapore's growing movement of forward-thinking organisations, you're making a statement about your commitment to sustainability, business performance and occupant wellbeing.

# The Benefits of Going 25°C

When you make the 'Go 25' pledge, your organisation stands to gain in multiple ways:

## Brand Differentiation

Position your organisation as a sustainability leader in your industry – increasingly important to clients, partners, and employees

## Staff Wellbeing & Satisfaction

Demonstrate your commitment to creating healthier, more comfortable workspaces

## Cost Savings

Reduce energy consumption for cooling, typically creating immediate cost benefits while maintaining optimal comfort

## Environmental Leadership

Contribute to Singapore's sustainability goals by reducing carbon emissions and helping break the overcooling cycle

## Workplace Enhancement

Create environments where employees perform at their best, potentially improving reaction times and reducing symptoms of discomfort and absenteeism rates

# Join Singapore's Business Leaders

Your Go 25 pledge places you alongside organisations already experiencing the benefits of 25°C environment. By pledging to Go 25, your organisation is committing to:

- Go 25 in premises/ spaces under direct operational control by setting air-conditioning to achieve an ambient temperature of 25°C, or as close as possible. For Building Owners, encourage tenants to Go 25.
- Maintain user comfort through alternative means, where necessary, such as supplementing cooling with fans/mechanical ventilation and/or permitting lighter workplace attire.
- Display indoor temperature on premises, where possible, to raise awareness of sustainable cooling and foster shared accountability.

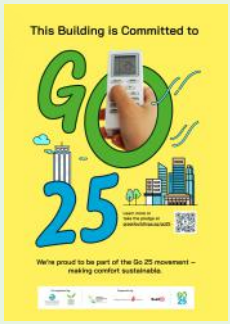
# Taking the Pledge is Simple

Making your commitment official takes just minutes:

1. Visit the 'Go 25' website at https://go.gov.sg/go25
2. Complete a short form registering your organisation's commitment
3. Receive immediate access to the Go 25 Toolkit
4. Implement at your own pace with ongoing support resources

## Your Go 25 Toolkit

Upon taking the pledge, you'll receive a ready-to-use toolkit containing:


- **Official Go 25 Decal** – Display your commitment proudly in your premises
- **Campaign Infosheet** – Share the transition and benefits of 25°C with stakeholders
- **Social Media Template** – Showcase your leadership across digital platforms
- **Digital Poster Template** – Communicate effectively in offices and public spaces
- **Aircon Decal** – A visual cue to remind staff to Go 25
- **Email Template** – Engage your staff with ready-to-use internal communications

# A Community of Support

Your pledge connects you with a network of like-minded organisations committed to sustainability. As a Go 25 participant, you'll receive ongoing resources, movement updates, and opportunities to share best practices with fellow pledge partners. Other recognition includes having your company logo featured on the Go 25 website and opportunity to spotlight your success story after implementation, showcasing your sustainability achievements.

Ready to make comfort sustainable at 25°C?

**Pledge now at go.gov.sg/go25**

# Additional Resources

## 7 ADDITIONAL RESOURCES

To support your organisation's transition to 25°C, we've compiled these valuable additional resources for implementation, measurement, and ongoing optimisation.

**Sustainable Building Management**

- Singapore Green Building Council Resources
  - NEA Energy Efficiency Best Practices

- Industry Frameworks and Tools
  - Green Lease Toolkits: Comprehensive guides for landlord-tenant collaboration on sustainability goals
    - Savills Achieve Net Zero (Singapore)
    - JLL Green Leases 2.0 (Singapore)
    - Better Building Partnership (UK)
    - Building and Construction Authority (BCA, Singapore)
  - CDL Tenants Go Green - City Green Tenant Bonus Programme
    - Singapore-specific case example of incentive structures

**Workplace Comfort Optimisation**

- Space Design Resources
  - ZEB Plus @ BCA Braddell Campus

- Go 25 Industry Guide
  - Coming in Q3 2025 - for updates visit https://go.gov.sg/go25

**Measurement and Evaluation**

- Success Tracking Frameworks
  - World Green Building Council - Health, Wellbeing & Productivity in Offices: Comprehensive framework for measuring financial, perceptual and physical impact
  - Singapore Green Mark Assessment Criteria and Online Application
  - BCA-HPB Green Mark For Healthier Workplaces: Questionnaire for Indoor Environment Survey

**Heat Resilience and Climate Response**

- Heat Resilience Initiatives
  - Singapore's Heat Resilience Plan
  - Cooling Singapore Research Programme findings

- Broader Sustainability Context
  - Singapore Green Plan 2030: a whole-of-nation movement to advance Singapore's national agenda on sustainable development
  - Singapore Green Building Masterplan: part of the Singapore Green Plan 2030, the roadmap for decarbonising buildings in Singapore

# Appendix

APPENDIX

**Indoor Comfort Temperature Personality Quiz**

**Research Design:** The Indoor Comfort Quiz employed a dual-purpose methodology that balanced scientific rigour with engaging user experience. We measured thermal sensation, clothing preferences, coping behaviours, and temperature preferences through questions adapted from established thermal comfort research.

To maximise participation and sharing, respondents received one of six personality profiles with Singaporean food themes (Ice Kachamp, Kaya Toasty, Chilly Crab, Balanced Boba, Nasi Nomad, Sneaky Siew Mai). Each profile connected their preferences to the optimal 25°C setting while encouraging social sharing. This approach yielded 5,000 responses to date.

**Audience:** Individuals aged 24-50 with university-level education working in typical indoor air-conditioned environments across various sectors including administrative services, business and finance, IT, education, healthcare, and other professional environments.

**Key Findings:** Analysis revealed three distinct temperature preference groups:

- Uncomfortably Cold (43%) - "Always reaching for an extra layer"
- Comfortably Optimised (39%) - "The indoor comfort champions"
- Cooling-Inclined (18%) - "Driving indoor temperatures down"

**Research Foundation:** Our approach was informed by established research including:

- Tokyo Metropolitan University (Singaporeans' comfort temperature ≈ 25°C)
- SUSS cognitive performance studies
- UC Berkeley Singapore research (27-32% energy savings at 24-26.5°C)
- Community sentiment analysis from Reddit threads discussing aircon temperature preferences in Singapore

This quiz extends this previous body of research with current large-sample insights into actual comfort preferences from 5,000 Singaporeans, reinforcing the case for 25°C as the optimal setting for both human comfort and energy efficiency.

**To take the quiz visit: https://go.gov.sg/go25-indoor-quiz**

# APPENDIX

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Singapore's offices are overcooling, costing businesses excessive energy bills and reduced productivity. This report reveals the sweet spot for comfort and sustainability: **25°C**. Discover how a simple adjustment can save you money, boost your team's performance, and create a healthier, more sustainable workplace.

The Go 25 movement, co-organised by the Singapore Green Building Council (SGBC) with the Ministry of Sustainability and the Environment (MSE), and supported by the National Environment Agency (NEA) as well as Building and Construction Authority (BCA), encourages all Singapore residents to adopt optimal cooling practices, starting with setting indoor temperatures to at least 25°C in their homes, offices, and buildings.

For more information and to download the Go 25 Toolkit, visit https://go.gov.sg/go25 or write to outreach@sgbc.sg

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