# Article information:

Implications of lower indoor temperatures – Not cool for cold susceptible individuals across both sexes - ScienceDirect  
<https://www.sciencedirect.com/science/article/pii/S0378778823000592>

# Article summary:

1. Controlled experiments were conducted to evaluate individual thermal responses and physiological measurements of metabolic heat production in both men and women.

2. Cold sensitive individuals had an 18% lower resting metabolic rate compared to the cold resilient group when controlling for clothing and other important parameters for heat exchange.

3. Lowering indoor temperatures may have negative implications for cold sensitive individuals, as current mandated temperature setpoints do not seem to discriminate between sexes due to differences in physiology.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article is generally reliable and trustworthy, as it provides a comprehensive overview of the research conducted on the implications of lower indoor temperatures on cold susceptible individuals across both sexes. The article is well-structured, with clear explanations of the methodology used in the experiments, as well as detailed results from the experiments that are supported by evidence. Furthermore, the article does not contain any promotional content or partiality towards any particular point of view, instead presenting both sides equally.

However, there are some potential biases present in the article that should be noted. For example, while the article does mention possible risks associated with lower indoor temperatures for cold susceptible individuals, it does not explore these risks in detail or provide evidence to support them. Additionally, while the article mentions that sex differences in thermal perception could be related to heterogeneity in endogenous heat production or other personal parameters, it does not explore these possibilities further or provide evidence to support them either. Finally, while the article mentions that psychological pathways could potentially influence thermal perception, it does not explore this possibility either and thus fails to consider all possible factors influencing thermal perception across both sexes.

# Topics for further research:

* Endogenous heat production
* Sex differences in thermal perception
* Psychological pathways and thermal perception
* Risks associated with lower indoor temperatures
* Heterogeneity in thermal perception
* Personal parameters influencing thermal perception

# Report location:

<https://www.fullpicture.app/item/3ce9c3b0cb590521feefae5f0b74bab1>