I'm not a robot

Key Takeaways Hot air rises, and cold air sinks, making the second floor warmer in summer. Instal mini-split ACs for targeted cooling on upper floors. Creating HVAC zones help you set different temperature for each part of the house. Is the scorching summer heat not letting you get a good night’s sleep? Even worse, is your room on the second floor and your AC is not cooling upstairs?A hot second floor is a common problem during the summer. You may have noticed that your air conditioner upstairs is not cooling as effectively as it is downstairs.It can be really frustrating, especially when the temperature goes beyond 85F. However, there is no need to shift to the first floor yet. There are a lot of things you can do to keep your upstairs cool.How Does Multi-Story House Design Affect Temperature?Are you wondering why it is always hot upstairs and cold downstairs during the summers or why upstairs air conditioning is not doing an amazing job?Unfortunately, physics is your enemy here!Hot air is less dense than cold air, so it rises while cold air sinks. Therefore, cold air sinks to the first floor of a multi-story home while hot air rises to the second floor.This also means that your air conditioner upstairs must work harder to maintain the optimal summer temperature for your home. Your HVAC system would be running all the time to achieve your desired setting. This will significantly increase your air conditioning bills and maintenance costs.You may adjust your thermostat settings perfectly, but since cold air will eventually sink to the first floor, you will need to pay attention to several other factors. Why Is AC Not Cooling Upstairs?There can be many reasons why your air conditioning is working downstairs but not upstairs. Let’s take a look at them:If you don’t have a modern air conditioning system, your 2-story home may be relying on a single cooling system that depends on a single thermostat. Since this thermostat only senses the temperature for only one area of your home, it is very likely to leave warm spots in other areas.This is especially the case if your thermostat is placed on the first floor. It will only kick on the cooling when this area becomes warm. However, the temperature is significantly different upstairs, and this setting will lead to a hot upstairs and cool downstairs. Air conditioners have to push out hot air as well as introduce cold air to the second floor. Since central HVAC units are placed on the first floor, this requires double effort as cool air may continue to sink back to the first floor. As a result, your HVAC unit needs to push cold air up more frequently. This can easily overload your air conditioning unit and cause excessive wear.One of the main reasons the second floor gets too hot is an uninsulated roof. Your roof absorbs the sun’s heat, which then travels to the second floor, making it unbearably hot. This hot air can also travel down to the second floor through your attic.Attic insulation is essential for a cool house and the effective working of your AC.If you have a ducted (central) HVAC system that is very old, then you may have outdated and inefficient ducts. They may have leaks or were improperly installed in the first place. You might also have too few ducts reaching the second floor.Another issue could be that your HVAC system is not compatible with your home. For example, it might only have the ability to cool a two-story, four-bedroom house. If you’ve added more rooms recently, it might be working overcapacity.If you have been living in your house for quite some time and have never replaced the HVAC unit, it is possible that it has reached the end of its lifespan and can no longer keep upstairs cool in summer.Read this article to learn about 8 ways to extend the average life of your AC.If you have a zoning system or multiple air conditioners installed, your second story might be too hot because you haven’t set the correct temperature. Most people set the same temperature for the upper and lower floors. Since hot air rises, this leads to a warmer second floor. You can quickly fix this problem by lowering the temperature of your second floor by at least two degrees. Smart thermostats, sensors, and zoning can significantly help in this regard.Two-Story House Air Conditioning TipsWhile the second floor is typically hotter due to several reasons mentioned above, the two-story house air conditioning tips will make your life easier and cooler. Here is to keep upstairs cool:You can increase airflow to the second floor by adjusting the HVAC dampers.During summer, partially or fully close the dampers for the first-floor vents to force more air to the second-floor vents. If you cannot locate the dampers or your HVAC unit does not have them, you can close the registers on the first floor.Read this article to learn more about fixing HVAC airflow problems. Another option is to open the top return vents to draw in hot air from the top of your room and send it to the HVAC unit, which will keep the upstairs cool. Related: Smart Vents: A Smart Addition to Your HVACDirty and clogged air filters restrict airflow and hamper the ability of your HVAC unit to keep upstairs cool in summer. Clean filters regularly and replace them after every 3-4 months.If the fan setting on your thermostat is on “auto,” change it to “on” to deal with the issue of AC not cooling upstairs. Turning the blower fan on will create an even mix of air throughout the house. When the fan is on “auto,” it only runs when actual cooling is taking place. However, when the fan is “on,” the fan continues to circulate air around your house, even if the cooling cycle is off.You can also create HVAC zones to set a different temperature for each part of your house. You can install separate thermostats or sensors for each zone for your central system. For ductless systems or mini-splits, use smart AC controllers like the Cielo Breez Plus. The number of zones will depend on the size of your house and cooling requirements.Setting up multiple controllers for each zone will allow you to customize the temperature where required easily. Setting up climate zones can solve a hot upstairs and cold downstairs problem while greatly saving energy costs.Learn more about dual-zone thermostats to set a different temperature for the first and second floors. It is done by using a system of dampers and sensors. This way, you can set your first floor and the second floor at different temperatures to create a comfortable climate throughout the house.The average lifespan of an air conditioner is around 10-15 years. If your HVAC unit is older than this, it might not be able to cool your house properly.Another common issue is that many homes have an incorrect size of HVAC unit installed. You can consult a trusted HVAC specialist to see if you need to replace your HVAC unit or if it is too small to cool the second floor of the house.Here is our guide for air conditioner sizing.If you are having trouble keeping your upstairs cool with your central air conditioner, you should consider investing in a ductless air conditioner.These are self-contained units where each AC cools one room. There are many types of ductless air conditioners; mini-splits, portable air conditioners, and window units are some of the most popular choices.It is easier to create climate zones with ductless ACs as there is a separate unit for each room. They are also more cost-efficient since you do not have to waste energy in cooling rooms you are not using.Thermostats Settings for Each Level of Your HomeConsidering you have multiple air conditioning units or multiple thermostats or sensors to effectively cool the various areas in your home, here are some tips for the perfect settings. With the best thermostat settings, you won’t only be able to cool the upstairs and downstairs effectively but also save energy.A helpful tip is to set the second-floor thermostat at the temperature you want throughout your house. Then set the first-floor thermostat a few degrees lower. For instance, if you are most comfortable at 76F, set the second floor at 76 degrees and set the first floor at 78.Since cold air sinks, the first floor will end up at the same temperature as the second floor. In most cases, doing so will effectively cool the upstairs of a two-story home and not take your bills through the roof!78 F is the recommended daytime thermostat setting in summer. This setting ensures comfort along with energy savings. If you feel this setting may be too hot for your home, you can start by lowering the thermostat temperature gradually to help adjust. You can also maximize your savings by switching to a smart thermostat.How to Keep Upstairs Cool Without AC?Implementing the above-mentioned two-story house air conditioning tips will reduce your bills and help you figure out why your air conditioning is working downstairs but not upstairs.However, if you don’t want to spend much on air conditioning and be more environmentally friendly, then don’t worry. It is possible to cool upstairs of your two-story home without spending a fortune on bills. Following are some of the ways to keep your upstairs cool without AC.One of the most essential two-story house air conditioning tips is insulating your attic. A well-insulated attic will reduce the amount of heat it absorbs from outside, thus reducing the heat transfer from the attic to your second floor, resulting in a cooler upstairs.Another way to keep your upstairs cool is to ventilate the attic. A properly ventilated attic will push out hot air preventing the heat from reaching the lower floors. To ventilate the attic, you can install an attic fan to cool things down by improving air circulation.A light-colored roof will go a long way in solving problems related to hot upstairs and cold downstairs. During the summer, the roof absorbs heat which travels to your second floor. An intelligent solution is to paint your roof white, which will reflect the heat instead of absorbing it.Another way to beat the heat and cool your second floor is to close the blinds. Roughly 25-30% of residential heating and cooling energy use is due to heat gain and loss through windows. Therefore, keeping the blinds closed can significantly reduce AC costs and help to keep the upstairs cool in summer. For a more long-term solution, you can invest in window awnings and UV blocking window films.Using electrical appliances such as ovens will generate excessive amounts of heat, warming up your second floor even more. Instead, find suitable alternatives, such as grilling, and turn off any appliance that is not in use.Incandescent bulbs emit a significant amount of heat and use up a lot of energy. Consider switching to compact fluorescent lights, especially if you struggle to keep upstairs cool. This will also reduce your energy costs.While fans may not reduce the temperature, they are much more cost-effective than HVAC units and help increase ventilation. The air from the fan also creates a cooling effect on your body.It is best to use the fans in conjunction with your air conditioner. It would help if you run your fans counterclockwise in the summers to push air straight down and create a windchill effect. It’ll increase the airflow of the conditioned air.Remember to clean your fans regularly. Dust on fans can overheat the motor, making them less efficient. Cleaning your fan can also reduce drag, improving its ability to circulate air. You can use a damp cloth to get rid of dust. For grease, an all-purpose cleaner sprayed on kitchen towels may work.If your fan has loose screws, it might be unstable and shaky. This can reduce its ability to push air, making it work a lot harder than it should. Tightening or replacing loose screws will go a long way in improving your fan’s performance.Bathroom and kitchen exhaust fans can make your upstairs air conditioner’s job a whole lot easier by removing hot air and allowing cold air to replace it. They also help reduce the high humidity in these areas.If the windows on your second-floor open, place floor fans in them, facing outwards. This will help suck hot air out of your room. Electric fans are a good alternative if your exhaust fans are not working correctly.Experiment a little with your electric fan placement and try to create a cross breeze. Place one electric fan facing inwards, near a window that gets the most shade, to blow cool air into your house. Place another fan facing outwards, near a window on the opposite side, to push hot air out.To make the upstairs cooler, place the outward-facing fans on your second floor, and the inward-facing fans on your first floor.If your room is on the second floor and you are having trouble falling asleep due to the heat, an excellent energy-saving tip is to heat-proof your bed.Opt for bedsheets made of light, breathable materials such as cotton. You can also invest in cooling mattress pads that absorb heat.If all else fails, you can take advantage of the fact that cold air sinks and shift to the first floor or the basement (if you have one). You’ll feel a notable difference and feel much comfortable.However, that is the last resort. There is a lot you can do to cool upstairs of a two-story home.A chilly second-floor may seem like a distant dream during the height of summers. However, armed with these tips, you will undoubtedly be able to relax and escape the summer heat. “Why isn’t my HVAC system cooling my second floor?” If you own a two-story home, you’ve likely asked yourself this very question. There are many reasons why your air conditioner might not be efficiently cooling your home’s upstairs. In order to get your home back in the cool zone, let’s take a look at some common reasons (and solutions!) your A/C isn’t cooling down your second story. We all know that heat rises. If your AC unit is located on the ground floor, the system pushes out hot air as cooler air enters the room, meaning your system has to work harder to cool your second story. How many rooms does your home AC system work to cool? Say your A/C unit is rated to take care of only 5 rooms, but with upstairs living space and bedrooms combined, you have a total of 8. More often than not, your A/C system will not efficiently or evenly cool all the rooms (especially upper floors) in your home. It’s possible that when your home was built, the A/C or HVAC system simply wasn’t big enough, or maybe you’ve added a couple of extra rooms since you moved in. Outdated or Inefficient Unit Did you buy a home with an outdated HVAC unit? If you’ve lived in your home for some time and have never replaced the A/C or HVAC system, it’s quite possible that the unit is simply outdated and is no longer able to efficiently cool your home. The average life span on HVAC units is around 10-15 years. The benefits of upgrading your home’s HVAC system are plentiful. Experience better comfort control, lower utility bills, cleaner air, increased home value, and more. Your Ducts Are Old, Leaky and Inadequate This problem is similar to the last. If you live in an older home and the A/C unit or HVAC system has never been replaced, the ducting system hasn’t been replaced either. That means that your ducts could be old, leaking cool air, possibly uninsulated or under-insulated, or are simply inadequate for the job. Unless your roof is blocked by the sun or deflects rays, hot air will penetrate your home and heat your attic. As the hot air travels through attic space, your second floor will also absorb the heat, making it difficult to cool down. Your Thermostat is Set Too High It’s very possible that the only reason your second floor is not cool enough is that you have the temperature set too high. Lower Thermostat In Small Increments Try lowering your thermostat by 2° or 3° increments and see if your home begins to cool off. Once you find a setting that works, note it and keep your thermostat at that temperature all the time. Switch the thermostat from “auto” to “on”. This will allow the blower fan to run constantly and mix the air throughout your home. (Note that this might actually lower your energy bills because your fan uses less energy than your HVAC system and your HVAC system won’t need to run as often.) Change the air filter in your A/C or HVAC unit. Dirty or clogged filters can restrict airflow throughout your home. Carolina Comfort Air recommends replacing filters regularly. Turn Off Unused Appliances and Lights Upstairs Use Ceiling and Floor Fans to Cool Smaller Spaces Prevent heat from absorbing in your home by using heat blocking shades or UV blocking film. Ensuring your attic is properly insulated will reduce the amount of heat the second floor absorbs. Ventilation is just as important too, so the attic is able to release as much moisture and heat as possible. If you’ve tried these tips and your AC is still unable to cool your second floor to your family’s standards, it may simply be time to replace or add an extra A/C or HVAC system to your home. While repairing your unit may be an easier fix for the short term, it is not a sustainable option for your wallet. Upgrading to today’s energy-efficient HVAC systems will help evenly distribute cool air throughout your home. If your air conditioner is not cooling upstairs, you're not alone. Many homeowners face this issue, especially during the scorching summer months. While the downstairs might be cool and comfortable, the upper floors often remain warm and stuffy. The primary reasons for this include:Heat naturally rises, making upstairs rooms warmer.Old or single-zone HVAC systems that can't distribute cool air effectively.Poor insulation or ventilation in the attic or roof.Faulty or dirty air filters restricting airflow.Let's dive into more details about these common problems and why it's important to address them. Uncomfortable sleeping conditions can lead to poor sleep quality. And, overall, you'll be dealing with high indoor temperatures and uneven cooling.I'm Allen Chenault, founder of AC's Heating & Air LLC. With over 8 years of HVAC experience, I've encountered countless cases where air conditioners were not cooling upstairs effectively. Let's look at some easy fixes to this problem.How Multi-Story House Design Affects TemperatureIn a multi-story home, the design itself can affect how well your air conditioner cools each floor. It's all about the physics of heat.Hot Air Rises, Cold Air SinksHot air is less dense than cold air, so it naturally rises. Cold air, being denser, sinks to the lowest level it can. This basic principle explains why your upstairs feels like a sauna while the downstairs remains cool.The Challenge for Your Air ConditionerWhen you set your thermostat to a comfortable temperature, it measures and adjusts the temperature based on its location. If your thermostat is on the main floor, it doesn’t account for the hotter air upstairs. As a result, your air conditioner might turn off once the main floor reaches the desired temperature, leaving the upstairs hot and uncomfortable.HVAC Unit PlacementMost HVAC units are located on the first floor or in the basement. They have to push cool air up to the second floor, which can be a challenge. The cool air naturally wants to sink back down, making your HVAC system work harder to maintain an even temperature throughout the house.Real-Life ExampleConsider a townhouse with three floors. One of our clients, Sarah, faced a similar issue. Her thermostat was on the main floor, and the upper floors were always warmer. By moving her thermostat upstairs and making some adjustments to her HVAC system, we were able to balance the temperatures more effectively.Why It MattersUnderstanding how your house design affects temperature can help you make informed decisions. Simple adjustments like moving your thermostat or using fans strategically can make a big difference.Let's move on to some common reasons why your air conditioner might not be cooling the upstairs effectively.Common Reasons Your Air Conditioner Isn't Cooling UpstairsSingle Air Conditioning System or ThermostatOne common issue is having a single-zone system with one thermostat controlling the entire house. This can lead to a temperature imbalance, especially in multi-story homes. The thermostat, often located on the main floor, turns off the AC once the downstairs reaches the set temperature, leaving the upstairs warmer.HVAC Unit LocationIf your HVAC unit is located on the first floor, it can create air distribution challenges. Cool air naturally sinks, making it harder for the system to push cool air up to the second floor. This setup often results in the downstairs being cooler while the upstairs remains warm.Hot RoofAnother factor could be your roof. During hot days, the sun heats your roof, and this heat can transfer into your attic and then into your upstairs rooms. Poor roof insulation or lack of ventilation can exacerbate this problem, making it difficult for your air conditioner to cool the upstairs effectively.Faulty or Inadequate DuctsLeaky or improperly installed ducts can also be a culprit. If your ducts are old or have gaps, cool air can escape before it reaches the upstairs rooms. This means your air conditioner has to work harder, and it still might not cool your upstairs effectively.Outdated HVAC UnitAn outdated HVAC unit can struggle to cool your home efficiently. The average lifespan of an HVAC system is around 10-15 years. If your unit is older, it might not have the capacity to cool your entire home, especially the upstairs. Upgrading to a newer, more efficient unit can solve many cooling issues.Thermostat SettingsIncorrect thermostat settings can also cause problems. If your thermostat is set too high, it might not provide enough cooling for the upstairs. Additionally, using a single thermostat for a multi-story home can lead to uneven cooling. Consider zoning systems or smart thermostats that allow for more precise temperature control on each floor.By understanding these common issues, you can take steps to improve your home's cooling efficiency. In the next section, we'll explore solutions to help you cool your upstairs more effectively.Solutions to Improve Cooling UpstairsTo improve cooling upstairs, start by increasing airflow. Adjust the HVAC dampers to redirect more air to the second floor. During summer, partially or fully close the dampers for the first-floor vents. This forces more air to the upper levels. If your HVAC unit doesn’t have dampers, close the registers on the first floor instead.“The dampers above the furnace are everything,” shared a Reddit user who successfully managed airflow in their three-story townhouse.Opening top return vents helps draw hot air from the top of your room and send it back to the HVAC unit for cooling. This simple change can make a big difference in keeping your upstairs cooler.Clean or Replace Air FiltersDirty air filters restrict airflow and make it harder for your HVAC unit to cool your home. Regularly clean or replace your air filters every 3-4 months to ensure optimal performance.Keep HVAC Fan Setting on “On” Instead of “Auto”Set your HVAC fan to “on” instead of “auto” to promote continuous air circulation. This ensures an even mix of air throughout your home, preventing hot spots.When the fan is on “auto,” it only runs during cooling cycles. Keeping it “on” circulates air even when the cooling is off, balancing temperatures more effectively.Climate zones allow you to set different temperatures for each part of your home. Install separate thermostats or sensors for each zone. For ductless systems, consider using smart AC controllers. This setup helps solve the hot upstairs and cold downstairs problem while saving energy.Upgrade Your HVAC UnitIf your HVAC unit is over 10-15 years old, it might struggle to cool your home effectively. Consider upgrading your HVAC unit. Consult an HVAC specialist to determine if your current unit is the right size for your home. An incorrectly sized unit can lead to inefficiency and uneven cooling.Invest in a Ductless Air ConditionerIf your central AC can’t keep up, consider a ductless air conditioner. These units cool individual rooms and include options like mini-splits, portable air conditioners, and window units. They provide targeted cooling and can be more energy-efficient for specific areas.Thermostat Settings for Each Level of Your HomeGetting the right thermostat settings can make a huge difference in keeping your home comfortable and saving on energy costs. Here's how to set your thermostats for maximum efficiency:Temperature SettingsA good rule of thumb is to set the thermostat on the second floor to the temperature you prefer throughout the house. For example, if you like it at 76°F, set the upstairs thermostat to 76°F. Then, set the first-floor thermostat a few degrees lower, like 78°F. This helps because cold air sinks. The cooler air from upstairs will flow down, balancing the temperature between floors.Energy SavingsThe U.S. Department of Energy recommends setting your thermostat to 78°F when you are home and need cooling. If this feels too warm, start higher and gradually lower the temperature to find a comfortable setting.Smart ThermostatsSmart thermostats can make managing your home's temperature easier and more efficient. They offer features such as learning your schedule, allowing remote control, and providing energy reports. These features help you adjust your thermostat settings from your smartphone, so you can make changes even when you're not home, and understand how to cut costs further.How to Keep Upstairs Cool Without ACInsulate the AtticProper attic insulation is crucial for reducing heat transfer. A well-insulated attic keeps the cool air in and the hot air out, making your upstairs more comfortable. Insulation materials like fiberglass, cellulose, or spray foam can be effective. This simple step can make a big difference in maintaining a cooler upstairs.Ventilate the AtticVentilating your attic helps to push out hot air and bring in cooler air. Installing an attic fan can improve air circulation, reducing the overall temperature in your home. This is especially important during the hot summer months when the roof absorbs a lot of heat.Consider a White RoofA white or light-colored roof reflects more sunlight than a dark roof, reducing heat absorption. This can lower the temperature in your attic and, consequently, your upstairs rooms. Painting your roof white or installing reflective roofing materials can be a smart long-term investment.Block the SunBlocking the sun can significantly reduce the heat entering your home. Use blackout drapes, heavy curtains, or UV-blocking window film to keep the sun out. Closing blinds during the hottest part of the day can also help keep your upstairs cool.Limit the Use of Appliances That Generate Too Much HeatAppliances like ovens and stoves generate a lot of heat. Try to limit their use during the hottest parts of the day. Instead, opt for grilling outside or using a microwave. Turning off appliances when not in use can also help reduce indoor heat.Replace Incandescent Lights With Compact Fluorescent LampsIncandescent bulbs emit a lot of heat. Switching to compact fluorescent lamps (CFLs) or LED lights can reduce the heat generated in your home. These energy-efficient bulbs also consume less electricity, helping you save on your energy bill.Turn on Fans on the Second Floor to Increase AirflowUsing fans can be a cost-effective way to increase airflow and improve ventilation. Ceiling fans should run counterclockwise in the summer to create a cooling breeze. Regularly clean your fans to maintain efficiency and prevent the motor from overheating.Turn on the Exhaust FansBathroom and kitchen exhaust fans can help remove hot air and reduce humidity. Running these fans during and after activities like cooking or showering can make a noticeable difference in your home's overall temperature.Place Electric Fans In The Second-Floor WindowsIf your windows open, place electric fans facing outward to suck hot air out of the room. This can be especially effective in the evening when the outside air is cooler. This simple trick can help reduce the temperature upstairs without relying on your AC.Get Creative With Your Fan PlacementCreating a cross breeze can improve airflow throughout your home. Place one fan facing inward in a shaded window and another facing outward on the opposite side of the house. This setup helps draw in cool air and push out hot air, making your upstairs more comfortable.Heat-Proof Your BedIf the heat makes it hard to sleep, consider heat-proofing your bed. Use breathable cotton sheets and invest in cooling mattress pads that absorb heat. These small changes can help you sleep better without cranking up the AC.Retreat to the Basement or First Floor During Peak Summer DaysIf all else fails, take advantage of cooler floors. The basement and first floor are naturally cooler because cold air sinks. Spending time in these areas during the hottest parts of the day can help you stay comfortable.By implementing these strategies, you can keep your upstairs cool without relying solely on air conditioning. Next, we’ll answer some frequently asked questions about why your air conditioner isn't cooling upstairs.Frequently Asked Questions about Air Conditioner Not Cooling UpstairsWhy is my air conditioner cooling downstairs but not upstairs?Heat Rises: One of the main reasons is simple physics. Hot air rises and cold air sinks. This natural movement of air makes it harder to keep the upstairs cool compared to downstairs.HVAC System Placement: Many homes have their HVAC unit placed on the first floor. This means the system has to work harder to push cool air up to the second floor. If your HVAC unit isn’t powerful enough, it might struggle to maintain a comfortable temperature upstairs.Why is my AC not blowing cold air on the second floor?Improper Vent Settings: Sometimes, the vents on the second floor might not be fully open or might be blocked. Make sure all upstairs vents are open and unobstructed.Air Balancing: Your system might need air balancing. This involves adjusting the dampers in your ductwork to direct more airflow to the second floor. Closing some vents on the first floor can also help redirect cool air upstairs.How do I get cold air in my AC upstairs?Seal Windows: Make sure all windows upstairs are properly sealed. Leaky windows let hot air in and cool air out, making it harder for your AC to cool the space.Open Doors: Keep doors open to promote better airflow throughout the upstairs area. This allows the cool air to circulate more freely.Improve Airflow: Use fans to help move the cool air around. Placing fans strategically can create a cross breeze that makes the upstairs feel cooler. Also, consider using an attic fan to reduce the heat that builds up in the attic and seeps down into the second floor.By addressing these common issues, you can improve the cooling efficiency of your air conditioner upstairs. For further assistance, consult a professional HVAC specialist to evaluate and optimize your system.ConclusionIn summary, if your air conditioner is not cooling upstairs, it can be due to several reasons such as improper airflow, faulty ducts, or an outdated HVAC system. Addressing these issues is essential not just for comfort but also for energy efficiency and cost savings.Importance of Addressing the IssueIgnoring the problem can lead to higher energy bills and uneven cooling, which can make living spaces uncomfortable. Simple actions like cleaning air filters, adjusting vents, and using fans can make a significant difference. More complex solutions might involve upgrading your HVAC unit or creating climate zones for better temperature control.Professional Help from AC's Heating & AirWhen DIY solutions aren't enough, it's time to call in the experts. At AC's Heating & Air, we specialize in diagnosing and fixing issues related to uneven cooling. Our professional team can inspect your system, recommend the best solutions, and ensure your home is comfortable year-round.Don't let an inefficient air conditioner ruin your summer. Contact us today for a consultation and let us help you achieve optimal cooling throughout your home. You flip the switch and hear the satisfying hum of your air conditioner coming to life. You walk over to the thermostat to set it at your perfect temperature and head out for the day. But when you get upstairs, the cool air is nowhere to be found. What’s going on? One of the most common air conditioning problems is that the unit is not cooling the entire house evenly. A number of factors can cause this, but the most likely culprit is that the upstairs unit is not receiving enough airflow. If this is the case, there are a few things you can do to try to improve airflow and get your upstairs unit cooling properly again. If your home doesn’t have a new air conditioner, there’s a chance that it functions with just one cooling system and thermostat. However, if this is the case, be aware that single thermostats can often leave warm spots in other areas of your house because they only sense temperature for one area. If your thermostat is on the first floor, it will only turn on the air conditioning when that area becomes warm. However, since temperature varies throughout the house, this setting often results in a hot upstairs and a cool downstairs. Here’s how to fix it: If you have a single air conditioning/heating unit, the ductwork may be converted and an additional thermostat installed. You can do it by yourself if you know how or you can consult with an HVAC specialist. Air conditioners must both remove hot air and introduce cold air to the second floor. Because central HVAC units are situated on the first floor, this adds another level of complexity since cool air may continue to sink to the first floor. As a result, your HVAC unit must constantly push cold air up into the home. This can quickly overload your air conditioning unit, causing it to wear down fast. Here’s how to fix it: Make sure your ductwork is not leaking and that all the vents in your home are open. This will help ensure that cold air actually reaches the second floor. Is your AC properly sized for your home? An HVAC professional can help you determine if your unit is too small or needs to be replaced. This is a problem that is more common in homes with flat roofs. In the summer, the sun can heat up your roof, making it quite hot. This hot air will enter your home through the attic and cause the upstairs to be warmer than the downstairs. Here’s how to fix it: Make sure that your attic is properly insulated and ventilated. Consider adding more insulation to your attic to help keep heat from seeping in and make your air conditioner work harder than necessary. If you have an old central heating and cooling system, it might be using outdated and inefficient ducts. The ducts might have leaks or be installed improperly in the first place. You might also not have enough ducts reaching the second floor. Here’s how to fix it: Consult with an HVAC professional to see if your ductwork needs to be replaced or repaired. If you don’t have enough ducts reaching the second floor, they can be added. It’s possible that your HVAC system can’t keep up with the recent changes in your home. For example, it might only be able to cool a two-story house with four bedrooms. If you’ve added more rooms recently, it may be running at full capacity or beyond. Here’s how to fix it: If your HVAC unit is running constantly, it might be time for an upgrade. A new, more powerful unit will be able to cool your home more effectively and evenly. A common issue for people with more than one story in their home is that the second floor is often too hot. The reason for this is that most people set the same temperature for both floors, without taking into account that hot air rises. To fix this problem: Try setting the temperature of your second floor two degrees lower. Smart thermostats and sensors can be a big help when trying to maintain different temperatures in multiple rooms or floors. The HVAC dampers can be adjusted to increase air circulation on the second floor. During the summer, close the dampers for the first-floor vents to force more air through the second-floor vents. If you cannot find the dampers or your HVAC unit does not have them, you can close the registers on the first floor. In the summer, dusty and clogged air filters block airflow and hamper your HVAC unit’s ability to keep the upstairs cool. Cleaning out your air filters on a regular basis and changing them after every three to four months is a must. If your thermostat’s fan setting is set to “auto,” change it to “on” to address the issue of the AC not cooling upstairs. Turning on the blower fan will provide an equal distribution of air throughout the house. When the fan is turned on “auto,” it only activates when real cooling is taking place. When the fan is turned on “on,” however, even if the cooling cycle has been switched off, the fan circulates air around your home. The average lifespan of an air conditioner is 10-15 years. If your HVAC unit is older than this, it may not be able to properly cool your house. Another frequent problem is that many houses have the wrong size of HVAC equipment installed. To determine whether you need to replace your HVAC unit or if it is too small to cool the second floor of your home, talk with a reputable HVAC specialist. If your central air conditioner is struggling to keep your upstairs cool, consider purchasing a ductless unit. There are many types of ductless air conditioners on the market today – mini-splits, portable units, and window units among them. These ACs offer a self-contained way to cool one room each and have become increasingly popular in recent years. Ductless air conditioners make it easier to create climate zones and are more cost-efficient since you only use them in the rooms you’re occupying. Final thoughts It’s no surprise that many homeowners face air conditioning problems in the summer. Between dusty filters and clogged ducts, there are a number of potential causes for an AC unit not cooling upstairs. While some solutions, like cleaning your air filters, are easy enough to do yourself, others may require more time or money. If you’re struggling to keep your home cool this summer, it might be time to try one of these 11 solutions. Hopefully, one of them will help you achieve the perfect temperature in every room of your house. A: It’s the last thing you want on a sweltering summer’s day: a central air conditioner not blowing cold air. While your first reaction to air conditioner problems may be to contact an HVAC pro, with a little of your own AC troubleshooting, you might be able to remedy the problem and save on a costly house call. Air conditioning systems operate on a basic scientific process called phase conversion. Refrigerant, the liquid used in an AC system, undergoes a continuous cycle of evaporation and condensation within the unit’s sealed coil system. The unit’s evaporative coils, which are usually located inside your home near a blower unit, become icy cold as the refrigerant within turns from a liquid to a gas. The unit’s fan blows air over those icy coils, which forces cooled air through your home’s ducting. The gas then cycles back to a condenser coil unit (located outside), where it cools back down to a liquid and the cycle repeats itself over and over. There are several possible causes of an AC system that is blowing warm air. The following are a few things to check when your air conditioner is not cooling your space. Photo: Tom Fenenga for Bob Vila It may seem simple, but sometimes when an air conditioner is running but not cooling, it is merely the result of someone switching a home thermostat from “Automatic” to “Fan.” When the switch is set to “Automatic,” the thermostat switches on the air conditioning when the indoor temperature rises above the desired preset temperature. If the switch was accidentally set to “Fan,” the unit will blow air through the duct system, but no cooling will take place. Easy DIY fix: This is the easiest way of fixing an AC system: Check and reset the switch from “Fan” to “Automatic.” Photo: Tom Fenenga for Bob Vila If it’s been more than a couple of months since you’ve replaced the return-air filters in your AC system, they may be clogged and dirty, and may be affecting airflow. When filters get clogged with animal fur and dust, the AC system can’t draw in sufficient air, and as a result, only a wimpy flow of air comes out. “A dirty or clogged air filter is one of the most common reasons why your air conditioning unit isn’t working at maximum efficiency, since it will restrict proper, clean airflow,” says Syed Shahzer, engineering applications and training manager at Bosch Home Comfort. Easy DIY fix: Remove and inspect the return-air filter. If you can’t see what’s on the other side, either clean it (if it’s washable) or replace it. Shahzer says, “You should be either cleaning or replacing your air filter at least once every 3 months—or every 2 months if you have indoor pets.” If you can see through the filter, the problem with your AC not cooling lies elsewhere. Photo: Tom Fenenga for Bob Vila Air conditioners work in part by removing humidity from the air (through condensation), and that moisture must go somewhere. The job of a condensation drain hose is to direct that moisture to a floor drain or to the outside of your home, depending on your system. Condensation drains are subject to blockage by mold and algae growth. When this happens, some air conditioners won’t blow cold air, while others will shut down completely. Easy DIY fix: Locate the end of the condensation drain line (it’s often in a utility room) and visually inspect it for clogs. If you see a clog, carefully clear it out with the end of a small screwdriver or similar narrow item. If a clog forms higher in the line where you can’t reach it, applying suction to the end of the line will usually remove it. Use the hose on a wet/dry shop vacuum—and hold your hands around the opening—to create sufficient suction between the two hoses. After removing a mold or algae clog, pour a couple of cups of white vinegar into the condensation pan that lies beneath the evaporator coils in the inside blower unit (learn how to access and identify the coils and the condensation pan below). The vinegar will kill residual mold buildup and reduce the risk of future clogs. Photo: Tom Fenenga for Bob Vila In a central AC system, the main blower forces cold air through the ducting and from there into individual rooms. If a duct somewhere between the blower and a room register (the grille that covers the opening of an HVAC duct) has broken, the cold air could be blowing out before it reaches the room’s register. If cool air is blowing from some registers but not from others, there’s a good chance the ducting that feeds the registers is at fault. Easy DIY fix: If you have an unfinished basement, you can examine the ductwork to see if a joint has come loose. If so, refit the ends of the joint and tape the new joint securely with duct tape. If a ducting joint has come loose within a finished wall, however, you won’t be able to easily locate it and it’s best to call an HVAC professional. Photo: Tom Fenenga for Bob Vila If dry leaves and debris have piled up next to the compressor unit, it may not be able to draw in sufficient air. To find out, locate the compressor unit, which will typically be tucked away on the back or the side of the house, where it won’t draw attention. Easy DIY fix: Clean away all debris or anything else that might be crowding the unit, such as weeds or overgrown vines. To ensure peak performance of your air conditioner, don’t place anything on top of the compressor. Photo: Tom Fenenga for Bob Vila If your air conditioner is working but not cooling, dirty coils may be the culprit. The typical AC system has two sets of coils: condenser coils, which are located in the outside compressor unit, and evaporator coils, which are encased near the indoor blower unit. When either set of coils becomes dirty or covered with mold and debris, cold air output can suffer. Cleaning the AC coils involves removing the metal enclosures that protect them. Easy DIY fix: If you don’t feel comfortable opening the AC units you can hire a pro to clean them. If you’d like to try cleaning the coils on your own, however, follow these steps: Shut off the power to both the exterior and interior units at the breaker panel. Each one will be on a separate breaker. Follow the AC manufacturer’s directions for removing the exterior compressor cage or the metal panels that house the evaporator coils. To clean interior (evaporator) coils, spray a non-rinse evaporator coil cleaner such as Nu-Calgon Evap Foam No Rinse onto the coils, which resemble U-shaped copper or steel tubes. The non-rinse cleaner foams up on the coils and dissolves dirt and grime before liquefying and running into a condensation pan that empties into the condensation drain hose. To clean exterior (condenser) coils, spray the coils and the thin metal fins that surround them with a condenser coil cleaner such as Nu-Calgon’s Nu-Blast Condenser Coil Cleaner. This cleaner is different from evaporator coil cleaner and will require rinsing with a hose. Follow the product directions carefully. “One summer, my AC wasn’t cooling, and I assumed it was low on refrigerant. Before calling a technician, I removed the front panel and found a block of ice inside the evaporator coils, despite the hot weather. The culprit? A clogged air filter restricting airflow. A simple filter replacement and letting the ice fully melt (by running just the fan for a few hours) got my AC working again. If your AC stops cooling, check for ice before assuming a major issue.” —Paul Rankin, Contributing Editor and Writer If you’ve recently added on to your living space or purchased a new cooling unit and the AC is not reaching the desired temperature, then the unit may not be sized properly for the space. “If your unit is running long cooling cycles and/or is not able to effectively cool your space when it should, then your unit may be too small,” says Shahzer. “You may also notice a lot of humidity and sticky air.” A general rule is that 1 ton of cooling (12,000 BTUs) is needed for every 400 square feet of space. But that’s a general rule, and conditions depend on the climate, windows, the number of people in the space, and other lifestyle factors. Jeff Ault, virtual HVAC expert with home service company Frontdoor, explains: “Less than ideal humidity and temperature are factors affecting the AC performance, and if the humidity and temperature never seem to achieve the desired comfort level, the system may not be sized correctly.” He adds, “Note that your HVAC contractor (or a Frontdoor expert) can access software that takes in data and a home’s factors to calculate the proper sizing.” Photo: Tom Fenenga for Bob Vila A blown fuse or tripped circuit breaker is usually a symptom of a larger problem since it’s there to protect the electrical system when the motor fails. If the circuit is tripped and you’ve gone through all of the other fixes above, you may need to contact a professional to investigate the issue. “A blown fuse or tripped breaker is a symptom of a problem. An HVAC technician would be needed to determine why this situation occurred and how to address it so the home system is functioning properly,” says Ault. If the air conditioner is not blowing cold air but running and you’ve tried all of the methods above to increase its output, your AC unit may just be low on refrigerant. Unlike the other fixes above, this isn’t a typical DIY job. It requires safety gear, and getting it wrong may mean having to replace the AC unit altogether. It’s also a job that shouldn’t be put off. “This can also quickly lead to more expensive energy bills since your unit is working overtime to properly cool your home but lacking the basic materials,” Shahzer says. In addition, it can lead to other issues. “When the system is completely out of refrigerant, modern units will activate an ‘LPS’ (low-pressure switch) that will shut the unit off to protect the compressor. You can tell this is happening when there is air coming out of the vents, but it will not be cold, and the outdoor unit will not be running,” says Ault of Frontdoor. If you’ve gone through the DIY steps above and your AC system is still not cooling, the problem could be leaking refrigerant or a failed compressor unit. As we’ve said, refrigerants are federally regulated and may only be handled by a licensed HVAC professional—you couldn’t replace them yourself if you wanted to. At this point, it’s time to call a pro. If the issue is an AC unit not blowing cold air and your AC system is more than 10 years old, you may have a failed compressor and might need to purchase a new system. Again, this is an issue that can only be diagnosed by the pros, so make the call. When an AC unit is not blowing cold air, there are many possible causes that can easily be fixed without the help of a professional. From changing the filter to checking the thermostat settings to cleaning the coils, there is much that you can do to get your air conditioner working again quickly and keep your home cool. “The best thing a homeowner can do is to keep their system clean with regular filter changes, rinsing the coils on outdoor units, and cleaning out the drain line with a shop vac,” says Ault. However, if you’ve tried all of the air conditioner troubleshooting and DIY fixes and your AC is still not working, it’s time to call a professional for an evaluation. And remember these wise words from Shahzer: “Always keep an eye out for warning signs. Things like weird noises, bad smells, warm air and/or humidity, and lots of condensation are not normal, so don’t ignore them.” If the pro says it’s time for a new AC, be sure to research his or her recommendations in our guide to the best air conditioner brands. Q. Should I turn off the AC if it’s not cooling? Turning off the AC is usually helpful and sometimes required to safely investigate some of the possible issues with an AC system not cooling. If the thermostat setting is the issue, it’s not necessary to turn off the AC. Q. Why is my AC blowing cold air but not cooling the house? If the air conditioner is blowing cold air but not cooling the house, the home could be leaking air to the outside. Check that all windows and doors are closed. If the air feels cooler than the room temperature but is not as cool as desired, this could just be the fan blowing. Q. How do I know if my AC compressor is bad? If the blowing air is warm or if you hear loud noises or vibrations when starting the air conditioner, then the compressor may be going bad. Q. How do I reset my air conditioner? Turn off the power to the air conditioner at the breaker panel, press the reset button on the unit for a few seconds, and then turn the unit back on. Check the user’s manual for your particular unit for specific instructions. Q. How long does it take for an AC unit to reset? Most experts recommend waiting about 30 minutes after pushing the reset button before turning the unit back on. Whether you’re selling or staying, everyone can get something out of a kitchen update. Learn why we consider this renovation the Most Valuable Project of 2025 and how to stay on budget. Key Takeaways Hot air rises, and cold air sinks, making the second floor warmer in summer. Instal mini-split ACs for targeted cooling on upper floors. Creating HVAC zones help you set different temperature for each part of the house. Is the scorching summer heat not letting you get a good night’s sleep? Even worse, is your room on the second floor and your AC is not cooling upstairs?A hot second floor is a common problem during the summer. You may have noticed that your air conditioner upstairs is not cooling as effectively as it is downstairs.It can be really frustrating, especially when the temperature goes beyond 85F. However, there is no need to shift to the first floor yet. There are a lot of things you can do to keep your upstairs cool.How Does Multi-Story House Design Affect Temperature?Are you wondering why it is always hot upstairs and cold downstairs during the summers or why upstairs air conditioning is not doing an amazing job?Unfortunately, physics is your enemy here!Hot air is less dense than cold air, so it rises while cold air sinks. Therefore, cold air sinks to the first floor of a multi-story home while hot air rises to the second floor.This also means that your air conditioner upstairs must work harder to maintain the optimal summer temperature for your home. Your HVAC system would be running all the time to achieve your desired setting. This will significantly increase your air conditioning bills and maintenance costs.You may adjust your thermostat settings perfectly, but since cold air will eventually sink to the first floor, you will need to pay attention to several other factors. Why Is AC Not Cooling Upstairs?There can be many reasons why your air conditioning is working downstairs but not upstairs. Let’s take a look at them:If you don’t have a modern air conditioning system, your 2-story home may be relying on a single cooling system that depends on a single thermostat. Since this thermostat only senses the temperature for only one area of your home, it is very likely to leave warm spots in other areas.This is especially the case if your thermostat is placed on the first floor. It will only kick on the cooling when this area becomes warm. However, the temperature is significantly different upstairs, and this setting will lead to a hot upstairs and cool downstairs. Air conditioners have to push out hot air as well as introduce cold air to the second floor. Since central HVAC units are placed on the first floor, this requires double effort as cool air may continue to sink back to the first floor. As a result, your HVAC unit needs to push cold air up more frequently. This can easily overload your air conditioning unit and cause excessive wear.One of the main reasons the second floor gets too hot is an uninsulated roof. Your roof absorbs the sun’s heat, which then travels to the second floor, making it unbearably hot. This hot air can also travel down to the second floor through your attic.Attic insulation is essential for a cool house and the effective working of your AC.If you have a ducted (central) HVAC system that is very old, then you may have outdated and inefficient ducts. They may have leaks or were improperly installed in the first place. You might also have too few ducts reaching the second floor.Another issue could be that your HVAC system is not compatible with your home. For example, it might only have the ability to cool a two-story, four-bedroom house. If you’ve added more rooms recently, it might be working overcapacity.If you have been living in your house for quite some time and have never replaced the HVAC unit, it is possible that it has reached the end of its lifespan and can no longer keep upstairs cool in summer.Read this article to learn about 8 ways to extend the average life of your AC.If you have a zoning system or multiple air conditioners installed, your second story might be too hot because you haven’t set the correct temperature. Most people set the same temperature for the upper and lower floors. Since hot air rises, this leads to a warmer second floor. You can quickly fix this problem by lowering the temperature of your second floor by at least two degrees. Smart thermostats, sensors, and zoning can significantly help in this regard.Two-Story House Air Conditioning TipsWhile the second floor is typically hotter due to several reasons mentioned above, the two-story house air conditioning tips will make your life easier and cooler. Here is to keep upstairs cool:You can increase airflow to the second floor by adjusting the HVAC dampers.During summer, partially or fully close the dampers for the first-floor vents to force more air to the second-floor vents. If you cannot locate the dampers or your HVAC unit does not have them, you can close the registers on the first floor.Read this article to learn more about fixing HVAC airflow problems. Another option is to open the top return vents to draw in hot air from the top of your room and send it to the HVAC unit, which will keep the upstairs cool. Related: Smart Vents: A Smart Addition to Your HVACDirty and clogged air filters restrict airflow and hamper the ability of your HVAC unit to keep upstairs cool in summer. Clean filters regularly and replace them after every 3-4 months.If the fan setting on your thermostat is on “auto,” change it to “on” to deal with the issue of AC not cooling upstairs. Turning the blower fan on will create an even mix of air throughout the house. When the fan is on “auto,” it only runs when actual cooling is taking place. However, when the fan is “on,” the fan continues to circulate air around your house, even if the cooling cycle is off.You can also create HVAC zones to set a different temperature for each part of your house. You can install separate thermostats or sensors for each zone for your central system. For ductless systems or mini-splits, use smart AC controllers like the Cielo Breez Plus. The number of zones will depend on the size of your house and cooling requirements.Setting up multiple controllers for each zone will allow you to customize the temperature where required easily. Setting up climate zones can solve a hot upstairs and cold downstairs problem while greatly saving energy costs.Learn more about dual-zone thermostats to set a different temperature for the first and second floors. It is done by using a system of dampers and sensors. This way, you can set your first floor and the second floor at different temperatures to create a comfortable climate throughout the house.The average lifespan of an air conditioner is around 10-15 years. If your HVAC unit is older than this, it might not be able to cool your house properly.Another common issue is that many homes have an incorrect size of HVAC unit installed. You can consult a trusted HVAC specialist to see if you need to replace your HVAC unit or if it is too small to cool the second floor of the house.Here is our guide for air conditioner sizing.If you are having trouble keeping your upstairs cool with your central air conditioner, you should consider investing in a ductless air conditioner.These are self-contained units where each AC cools one room. There are many types of ductless air conditioners; mini-splits, portable air conditioners, and window units are some of the most popular choices.It is easier to create climate zones with ductless ACs as there is a separate unit for each room. They are also more cost-efficient since you do not have to waste energy in cooling rooms you are not using.Thermostats Settings for Each Level of Your HomeConsidering you have multiple air conditioning units or multiple thermostats or sensors to effectively cool the various areas in your home, here are some tips for the perfect settings. With the best thermostat settings, you won’t only be able to cool the upstairs and downstairs effectively but also save energy.A helpful tip is to set the second-floor thermostat at the temperature you want throughout your house. Then set the first-floor thermostat a few degrees lower. For instance, if you are most comfortable at 76F, set the second floor at 76 degrees and set the first floor at 78.Since cold air sinks, the first floor will end up at the same temperature as the second floor. In most cases, doing so will effectively cool the upstairs of a two-story home and not take your bills through the roof!78 F is the recommended daytime thermostat setting in summer. This setting ensures comfort along with energy savings. If you feel this setting may be too hot for your home, you can start by lowering the thermostat temperature gradually to help adjust. You can also maximize your savings by switching to a smart thermostat.How to Keep Upstairs Cool Without AC?Implementing the above-mentioned two-story house air conditioning tips will reduce your bills and help you figure out why your air conditioning is working downstairs but not upstairs.However, if you don’t want to spend much on air conditioning and be more environmentally friendly, then don’t worry. It is possible to cool upstairs of your two-story home without spending a fortune on bills. Following are some of the ways to keep your upstairs cool without AC.One of the most essential two-story house air conditioning tips is insulating your attic. A well-insulated attic will reduce the amount of heat it absorbs from outside, thus reducing the heat transfer from the attic to your second floor, resulting in a cooler upstairs.Another way to keep your upstairs cool is to ventilate the attic. A properly ventilated attic will push out hot air preventing the heat from reaching the lower floors. To ventilate the attic, you can install an attic fan to cool things down by improving air circulation.A light-colored roof will go a long way in solving problems related to hot upstairs and cold downstairs. During the summer, the roof absorbs heat which travels to your second floor. An intelligent solution is to paint your roof white, which will reflect the heat instead of absorbing it.Another way to beat the heat and cool your second floor is to close the blinds. Roughly 25-30% of residential heating and cooling energy use is due to heat gain and loss through windows. Therefore, keeping the blinds closed can significantly reduce AC costs and help to keep the upstairs cool in summer. For a more long-term solution, you can invest in window awnings and UV blocking window films.Using electrical appliances such as ovens will

generate excessive amounts of heat, warming up your second floor even more. Instead, find suitable alternatives, such as grilling, and turn off any appliance that is not in use.Incandescent bulbs emit a significant amount of heat and use up a lot of energy. Consider switching to compact fluorescent lights, especially if you struggle to keep upstairs cool. This will also reduce your energy costs.While fans may not reduce the temperature, they are much more cost-effective than HVAC units and help increase ventilation. The air from the fan also creates a cooling effect on your body.It is best to use the fans in conjunction with your air conditioner. It would help if you run your fans counterclockwise in the summers to push air straight down and create a windchill effect. It'll increase the airflow of the conditioned air.Remember to clean your fans regularly. Dust on fans can overheat the motor, making them less efficient. Cleaning your fan can also reduce drag, improving its ability to circulate air. You can use a damp cloth to get rid of dust. For grease, an all-purpose cleaner sprayed on kitchen towels may work.If your fan has loose screws, it might be unstable and shaky. This can reduce its ability to push air, making it work a lot harder than it should. Tightening or replacing loose screws will go a long way in improving your fan's performance.Bathroom and kitchen exhaust fans can make your upstairs air conditioner's job a whole lot easier by removing hot air and allowing cold air to replace it. They also help reduce the high humidity in these areas.If the windows on your second-floor open, place floor fans in them, facing outwards. This will help suck hot air out of your room. Electric fans are a good alternative if your exhaust fans are not working correctly.Experiment a little with your electric fan placement and try to create a cross breeze. Place one electric fan facing inwards, near a window that gets the most shade, to blow cool air into your house. Place another fan facing outwards, near a window on the opposite side, to push hot air out.To make the upstairs cooler, place the outward-facing fans on your second floor, and the inward-facing fans on your first floor.If your room is on the second floor and you are having trouble falling asleep due to the heat, an excellent energy-saving tip is to heat-proof your bed.Opt for bedsheets made of light, breathable materials such as cotton. You can also invest in cooling mattress pads that absorb heat.If all else fails, you can take advantage of the fact that cold air sinks and shift to the first floor or the basement (if you have one). You'll feel a notable difference and feel much comfortable.However, that is the last resort. There is a lot you can do to cool upstairs of a two-story home.A chilly second-floor may seem like a distant dream during the height of summers. However, armed with these tips, you will undoubtedly be able to relax and escape the summer heat.