# The Goldilocks Zone in Cooling Demand: What can we do better?

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#### Abstract

The higher frequency and intensity of sustained heat events have increased the demand for cooling energy across the globe. Current estimates of summer-time energy demand are primarily based on Cooling Degree Days (CDD), representing the number of degrees a day's average temperature exceeds a predetermined comfort zone temperature. Through a comprehensive analysis of the historical energy demand data across the USA, we show that the commonly used CDD estimates fall significantly short  $(\pm 25\%)$  of capturing regional thermal comfort levels. Moreover, given the increasingly compelling evidence that air temperature alone is not sufficient for characterizing human thermal comfort, we extend the widely-used CDD calculation to heat index, which accounts for both air temperature and humidity. Our results indicate significant mis-estimation of regional thermal comfort when humidity is ignored. Our findings have significant implications for the security, sustainability, and resilience of the grid under climate change.

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# Key Points:

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11	•	The analysis of historical electricity demand shows that the widely used CDD es-
12		timates fall short ( $\pm 25\%$ ) of capturing regional thermal comfort zones.
13	•	Estimates of air conditioning penetration and affordability based on traditional
14		calculation of CDD can lead to significant misestimation.
15	•	Extending CDD calculations to include humidity improves the characterization
16		of climate-demand nexus under present and future climate conditions.
17	•	A singular focus on air-temperature based CDD with a generic set-point temper-
18		ature undermines grid resilience during extreme heat events.

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#### 19 Abstract

The higher frequency and intensity of sustained heat events have increased the demand 20 for cooling energy across the globe. Current estimates of summer-time energy demand 21 are primarily based on Cooling Degree Days (CDD), representing the number of degrees 22 a day's average temperature exceeds a predetermined comfort zone temperature. Through 23 a comprehensive analysis of the historical energy demand data across the USA, we show 24 that the commonly used CDD estimates fall significantly short ( $\pm 25\%$ ) of capturing re-25 gional thermal comfort levels. Moreover, given the increasingly compelling evidence that 26 air temperature alone is not sufficient for characterizing human thermal comfort, we ex-27 tend the widely-used CDD calculation to heat index, which accounts for both air tem-28 perature and humidity. Our results indicate significant mis-estimation of regional ther-29 mal comfort when humidity is ignored. Our findings have significant implications for the 30 security, sustainability, and resilience of the grid under climate change. 31

# 32 Plain Language Summary

Hotter summer days and more frequent and intense heatwaves are causing a sharp 33 rise in demand for air conditioning across the globe. Accurate estimation of demand for 34 space cooling is an integral component of resilient planning, operation, and management 35 of the grid. One widely used metric for characterizing this demand is the Cooling De-36 gree Days (CDD), which is calculated by measuring the difference between the mean daily 37 temperature and a pre-defined base temperature that represents a "comfort zone". In 38 this paper, we analyze historical data on climate and energy demand and find that the 39 most frequently used base temperature of  $65^{\circ}$ F in CDD calculations leads to mis-characterizing 40 comfort zones across different geographic areas in the U.S. This can cause significant under-41 or over-estimations of cooling energy demand. Moreover, we extend the temperature-42 based CDD calculations to also account for the role of humidity and demonstrate the 43 cost of ignoring humidity in CDD calculations under present and future climate condi-44 tions. 45

# 46 **1** Introduction

Maintaining the thermal comfort of societies is critical not only for human health 47 and well-being but also for achieving a high-sustainability future. Despite the direct link-48 ages between cooling demand and each of the 17 Sustainable Development Goals (SDGs), 49 the unprecedented global increase in demand for cooling has been largely absent from 50 51 today's sustainability debates (Khosla et al., 2020a). Under current socio-economic and climatic conditions, three-quarters of the global population will experience health risk 52 due to exposure to extreme heat events (McGregor et al., 2015), with significant equity 53 and justice implications. The demand for space cooling is expected to witness a three-54 fold increase by 2050 (Birol, 2018). The inability to meet this rising demand sustainably 55 is bound to widen the energy poverty gap and increase GHG (greenhouse gas) emissions, 56 exacerbating climate change and its impacts on modern society. 57

Air conditioning is touted as an integral component of modern living and a testa-58 ment to human civilization's progress (Berger, 2004). Moreover, it is an important driver 59 of summer-time peak load—the highest energy demand in a given period—which often 60 sets the key operational and planning parameters in energy infrastructure management 61 (Auffhammer et al., 2017; Jaglom et al., 2014; Reyna & Chester, 2017; van Ruijven et 62 al., 2019; Mukhopadhyay & Nateghi, 2017). With increased intensity and frequency of 63 heat waves and accelerated adoption of air conditioning, access to accurate estimates of 64 cooling demand (during both peak and off-peak hours) has become an important pillar 65 in energy systems planning (Coumou & Rahmstorf, 2012; Mukherjee & Nateghi, 2017a, 66 2017b; IEA, 2008). Accurate characterization of summer-time peak load is particularly 67 important for residential customers, which represent the most climate-sensitive segment 68

of the energy sector (Obringer et al., 2019; Khosla et al., 2020b; Obringer, Mukherjee,
 & Nateghi, 2020; Isaac & van Vuuren, 2009; Sailor, 2001).

Cooling Degree Day (CDD) is a practical and widely used measure for quantify-71 ing summer-time space cooling demand in energy planning (Day, 2006; Biardeau et al., 72 2020; Lebassi et al., 2010; Deroubaix et al., 2021). CDD represents the number of de-73 grees a day's average temperature exceeds a pre-specified set-point temperature, and any 74 value that exceeds this base temperature is assumed to trigger demand for cooling. CDD's 75 set-point temperature represents a comfort zone – aka a 'Goldilocks zone' for human ther-76 mal comfort, where it is neither too cold nor too hot. The selected comfort zone tem-77 perature is often arbitrarily set at  $65^{\circ}$ F (18.3°C) in global and regional energy planning 78 studies (Biardeau et al., 2020; Waite et al., 2017; Sivak, 2009; Petri & Caldeira, 2015a; 79 Goldstein et al., 2020; Davis & Gertler, 2015; Khan et al., 2021). More specifically, while 80 in certain applications such as building-level thermal comfort studies (Shin & Do, 2016) 81 empirically derived base temperatures have been used, in studies related to energy in-82 frastructure planning – which is the focus of this paper – CDD's set-point temperature 83 is almost always set at 65°F (18.3°C) (Biardeau et al., 2020; Waite et al., 2017; Sivak, 84 2009; Goldstein et al., 2020; Davis & Gertler, 2015). 85

The use of CDD for studying the climate-energy nexus has limitations since the 86 CDD calculation is solely based on air temperature, and that the metric was originally 87 derived to study buildings' thermal comfort. Additionally, there are two fundamental 88 caveats to the approaches that calculate CDD based on the generic set-point value of 65°F 89 for sustainability and resilience analytics in energy infrastructure planning and manage-90 ment. Firstly, the set-point value of  $65^{\circ}$ F was derived decades ago, with no considera-91 tion of climate change, and thus might no longer be a representative value under present 92 and future climate conditions. Secondly, previous studies have shown that air temper-93 ature is a necessary but not sufficient measure of heat stress (Buzan et al., 2015; Maia-94 Silva et al., 2020; Li et al., 2020; Raymond et al., 2020; Pokhrel et al., 2018; Ortiz et al., 95 2018; Angeles et al., 2018). However, temperature-based CDD calculations do not take 96 humidity into account (Day, 2006). This renders the effectiveness of CDD as a metric 97 for capturing human thermal comfort questionable. In the light of the recent record-breaking 98 blackouts last summer (Borunda, 2020) along with the increased frequency and inten-99 sity of heatwaves (Hulley et al., 2020), the energy sector must address these shortcom-100 ings to mitigate the growing threats of climate change and enhance the security, sustain-101 ability, and resilience of the grid. Otherwise, incomplete and inaccurate understandings 102 of how human thermal comfort relates to cooling demand will hamper urgent transfor-103 mations needed to unlock sustainable pathways, and will likely increase the risk of path-104 dependent trajectories in the energy sector. 105

We address these fundamental gaps by first deriving geographically-specific CDDs 106 and extending the calculation of CDD to also account for humidity. Specifically, we first 107 derive geographically-specific CDDs for each state<sup>1</sup>, using summer-time (May to Septem-108 ber) residential energy consumption data (1990–2016) to establish region-specific opti-109 mal set-point temperatures. We then measure the deviations between these values and 110 the CDD estimates based on 65°F set-point temperature throughout the American ter-111 ritory. We discuss the implications of the over- or underestimations, as revealed by the 112 113 newly calculated CDDs, for energy planning under both present and future climate conditions. Additionally, to account for the critical role of humidity, we go beyond air tem-114 perature in calculating CDD. In particular, we extend the CDD method to heat index 115 (HI) – a widely used climate measure for human heat comfort that includes humidity 116 (Buzan et al., 2015; Anderson G. Brooke et al., 2013; Willett & Sherwood, 2012; Maia-117

 $<sup>^{1}</sup>$  While state boundaries do not always coincide with climate boundaries, our state-level analysis is motivated by providing insights that are relevant to state-level policymakers and energy planners.

Silva et al., 2020) – and harness CMIP5-GCM climate scenarios to make projections under climate change.

We provide the details of the data collection, data processing, and methodology 120 in Section 2. We then give a detailed account of our results in Section 3. Finally, we sum-121 marize our findings and discuss the significance of our results in Section 4. Our results 122 demonstrate a considerable deviation of the optimal set-point temperatures from the base 123 temperature of  $65^{\circ}$ F (18.3°C) in most states, with an average deviation of 10%. Our find-124 ings reveal that a singular focus on air temperature-based CDDs with a generic set-point 125 temperature in energy systems planning undermines the resilience of the grid under cli-126 mate change, especially during extreme heat events. 127

# <sup>128</sup> 2 Data and Methods

# 2.1 Observed Climate Data

We acquired the observed climate data at a sub-daily (3-hourly) time scale for the 130 period of 1990–2016 from the NCEP North American Regional Reanalysis (NARR) at 131 a 32 kilometer spatial resolution (Mesinger et al., 2006; NCEP, 2019; CIESIN, 2019). We 132 aggregated the data to a monthly level to match the chronological scale of electricity con-133 sumption data, and weighted the data by population density when aggregating to the 134 state level. Specifically, the 2010 UN-adjusted Grid Population of the World dataset (Ver-135 sion 4) is used for this work, collected from the Socioeconomic Data and Applications 136 Center (SEDAC; http://sedac.ciesin.columbia.edu). Giving higher weights to regions with 137 higher population densities when averaging state level data is in line with previous stud-138 ies on residential electricity demand (Schlenker & Roberts, 2009; Kumar et al., 2020). 139

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# 2.2 Projected Climate Data

While analyzing observational data is essential for understanding past variability 141 in historical events, they provide limited knowledge for anticipating the future, especially 142 under non-stationary conditions. Using the projected climate data is essential for char-143 acterizing the growing effects of climate variability and change on the energy sector (Maia-144 Silva et al., 2020; Auffhammer et al., 2017; Obringer, Kumar, & Nateghi, 2020). To ex-145 tend our analysis into the future such that our findings are relevant for medium and long-146 term energy planning, the projected climate data were acquired for both future period 147 of 2031–2050 and also the historical period of 1990–2016. The 2031-2050 timeline is cho-148 sendue to the fact that the year 2050 is consistently used as a target year in energy plan-149 ning reports (EIA, 2020a; IPCC, 2014). This timeline is practical as it allows for con-150 sidering climate change effects on the sector without having to consider significant trans-151 formations to the architecture of the electrical grid. 152

The projected climate data used in this paper are derived from five different Global 153 Circulation Models (GCM), namely: Geophysical Fluid Dynamics Laboratory Earth Sys-154 tems Model (GFDL-ESM2M), Hadley Global Environment Model 2 - Earth System (HadGEM2-155 ES), IPSL Earth System Model for the 5th IPCC report (IPSL-CM5A-LR) (IPCC, 2014), 156 Atmospheric Chemistry Coupled version of MIROC-ESM, a Earth System model (MIROC-157 ESM-CHEM), and the Norwegian Earth System Model (NorESM1-M). The climate model 158 projection data-sets used in our analysis are obtained from the Inter-Sectoral Impact Model 159 Intercomparison Project (ISI-MIP; (Warszawski et al., 2014)); and are part of the CMIP5 160 database (Taylor et al., 2012). These climate model datasets are bias-corrected using a 161 trend-preserving approach (Hempel et al., 2013); and have been widely used in several 162 impact assessment studies (see www.isimip.org for details). Here, we considered the cli-163 mate projection estimates under the Representative Concentration Pathway (RCP) 8.5 164 emission scenario that has an end-of-century radiative forcing equal to 8.5  $\mathrm{Wm^{-2}}$  and 165 is characterized by high greenhouse emission levels (Taylor et al., 2012; Warszawski et 166

al., 2014; Nateghi & Mukherjee, 2017). Finally, we aggregated these bias-corrected climate projection data to obtain the state-level estimates taking into account the state
boundary and corresponding population estimates as a weighing factor, which is in-line
with previous studies (Kumar et al., 2020; Biardeau et al., 2020).

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#### 2.3 Observed Electricity Demand Data

Similar to the temporal resolution of the observed climate data, we used monthly electricity sales data in this work. We collected the data from the U.S. Energy Information Administration (EIA, 2020c) over the years of 1990–2016 at a state level for the residential sector. We then normalized the electricity demand data by the state-level population to obtain a per capita value of consumption.

To isolate the climate effects from the electricity data, which are influenced by var-177 ious factors such as technological changes, policy implementation, and demographic shifts 178 (van Ruijven et al., 2019; Mukherjee et al., 2018; Auffhammer et al., 2017), we de-trended 179 the raw, state-level electricity consumption data. There are various different de-trending 180 approaches in the literature (Bessec & Fouquau, 2008). The method used in this study 181 (Sailor & Muñoz, 1997) is based on one the most widely-used approaches in the climate-182 energy research literature and its effectiveness has been extensively documented (Khoshbakht 183 et al., 2018; Santágata et al., 2017; Parkinson & Djilali, 2015; Brown et al., 2016; Alipour 184 et al., 2019; Mukherjee & Nateghi, 2017a). The de-trending process involves the follow-185 ing steps: 186

$$E(y) = \frac{\sum_{y=1}^{n_{years}} \sum_{m=1}^{12} E(m, y)}{n_{years}}$$
(1)

<sup>187</sup> Where the total years,  $n_{years}$ , range from 1990–2016; *m* denotes the month and *y* de-<sup>188</sup> notes the year. An adjustment factor is calculated per year by summing the monthly per <sup>189</sup> capita demand and dividing it by the yearly average consumption E(y).

$$F_{adj} = E(y)^{-1} \sum_{m=1}^{12} E(m, y)$$
(2)

The final de-trended demand is obtained by dividing the monthly consumption by
 the calculated adjustment factor.

$$E(m,y)_{adj} = E(m,y)/F_{adj}$$
(3)

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#### 2.4 CDD Calculation

Once the climate and electricity data are aggregated, the CDD for a given can be calculated as (Equation 4):

$$CDD_{daily} = \begin{cases} 0, & T_d < T_b \\ T_d - T_b, & T_d > T_b \end{cases}$$
(4)

where  $T_d$  represents daily average temperature and  $T_b$  represents the base temperature/setpoint temperature selected for the CDD calculation. The CDD is usually aggregated to annual, seasonal, or monthly levels by summing the respective daily values.

<sup>198</sup> While  $T_b$  is often arbitrarily set at 65°F (18.3°C) (Biardeau et al., 2020; Goldstein <sup>199</sup> et al., 2020), we leveraged the well-established Energy Signature method (F. R. Jacob-<sup>200</sup> sen, 1985; Brown et al., 2014; Bhatnagar et al., 2018; Lee et al., 2013; Sailor & Muñoz, 1997) to derive geographically-specific CDD set-points for all 48 CONUS states. The analysis is done by examining scatter plots of energy consumption versus climate variables
to select a vertex that reflect cooling sensitivity, as characterized by a sharp increase in
demand at a certain climate threshold value. More specifically, the Energy Signature method
is performed in the following three steps:

- 1. Iteratively process the data to select relevant intervals that are conducive to identifying the sensitivity points (or base values/set-points);
- 208 2. Fit piece-wise constant regression models to each region.
- <sup>209</sup> 3. Repeat steps 1 and 2 until distinct vertex points are detected.

Considering the uncertainty associated with this method, confidence intervals with
10,000 bootstrap re-samples are calculated for each base value. At the end of the process, the CDD base values for both air temperature and heat index are identified for each
of the 48 CONUS states. An example of the Energy Signature method is illustrated in
Figure 1.

We compared the derived geographically-specific CDD base values with the widely used 65°F (18.3°C). The deviations are spatially illustrated in Section 3. We then used reduced form equations to understand and quantify the implication of the discrepancies between the derived and widely used set point temperature of 65°F (18.3°C) in terms of energy demand (discussed in Section 3).

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# 2.5 Extending the CDD Calculation to Include Humidity

To extend the CDD analysis under climate change to also account for humidity, 221 heat index-CDD was calculated using the Energy Signature method using observational 222 and climate projections data records, as illustrated in Figures 1(b) and 1(d). Heat in-223 dex (HI), also called apparent temperature, describes what the temperature feels like to 224 the human body when relative humidity is combined with air temperature (Buzan et al.. 225 2015; Rothfusz, 1990). Characterizing the climate-sensitivity of energy demand requires 226 accounting for the synergistic effects of surface temperature and humidity on human body. 227 Accounting for the role of humidity, therefore, is necessary for modeling energy demand 228 profile (Maia-Silva et al., 2020). Heat index is calculated following the equation bellow: 229

$$HI = -42.379 + 2.04901523 T_F + 10.14333127 RH - 0.22475541 T_F RH -6.83783x10^{-3}T_F^2 - 5.481717x10^{-2} RH^2 + 1.22874x10^{-3}T_F^2 RH +8.5282x10^{-4}T_F RH^2 - 1.99x10^{-6}T_F^2 RH$$
(5)

Where  $(T_F)$  denotes the air temperature, RH denotes relative humidity and HI is measured in degrees Fahrenheit.

Furthermore, we also analysed the extension of conventional temperature-based CDD to another heat-stress measure based on Discomfort Index (DI) that also accounts for variability in both near-surface air temperature and humidity (Buzan et al., 2015). A recent study by (Sailor et al., 2019) demonstrated the usefulness of DI in building comfort levels. DI is estimated considering both dry-bulb and wet-bulb temperatures – the functional form and estimation approach are detailed in (Buzan et al., 2015) and (Maia-Silva et al., 2020).

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# 2.6 Characterizing Air Conditioning Prevalence and Affordability

The Cooling Degree Day (CDD) index has other applications beyond its direct use in cooling demand estimation. Specifically, CDD is used in estimating air conditioning penetration (PNT) as well as in calculating the ratio of households that could afford air
 conditioning (Smax).

We extended our detailed CDD analysis to these two widely used indices due to their relevance to human heat comfort (S. Laine et al., 2019; Jakubcionis & Carlsson, 2017). PNT represents the percentage of homes in a certain area that have air conditioning, and is calculated using the following equation (S. Laine et al., 2019).

$$PNT = \begin{cases} 26.33 \ln CDD - 81.69, & 0 < CDD < 920\\ 97.3, & CDD > 920 \end{cases}$$
(6)

Where CDD is the summation of annual CDD. Smax represents the fraction of households in a certain area that would acquire AC if they could afford it (Jakubcionis & Carlsson, 2017) and is calculated as shown below.

$$S_{max} = 1 - 0.949e^{-0.00187CDD} \tag{7}$$

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The CDD here denotes the annual CDD value for the region.

#### 252 **3 Results**

In this section, we first summarize the results associated with deriving geographicallyspecific CDDs. We then present the extension of the CDD calculation to also account for humidity, and discuss the associated implications under present and future climate conditions.

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## 3.1 The CDD Base-Value Heterogeneity Across the CONUS

To test the hypothesis of whether the CDD estimates that use 65°F (18.3°C) as their base point temperature adequately capture thermal comfort across the CONUS, we leverage the Energy Signature method (Lee et al., 2013; Bhatnagar et al., 2018; F. Jacobsen, 1985; Zmeureanu & Renaud, 2008) discussed in the previous section. Implementing the Energy Signature method involved using the average monthly residential energy consumption data from 1990 to 2016 (EIA, 2020b) together with air temperature data for the same period (NARR, 2020).

The differences between the 65°F (18.3°C) and derived optimal set-points are depicted in Figure 2(a), with states shaded in orange (blue) representing CDDs with higher (lower) than 65°F (18.3°C) set-point temperatures (also see Figure 3(a)). The state of Washington is excluded from Figure 2 owing to the relative climate insensitivity of its summer-time demand during the study's time span (Petri & Caldeira, 2015b; Maia-Silva et al., 2020)(also see Supplementary Figure S1).

There are significant deviations of the derived base temperatures from the commonly used 65°F (18.3°C), with 30% of the CONUS states showing absolute variations higher than 10% (6.5°F). In Southern states, the derived set-point temperature is significantly higher than the conventional 65°F base value. For instance, Texas (TX) and Florida (FL) show notable deviations from 65°F, with significant implications for the states' energy planning, given their high population and energy consumption, especially during hot summers.

To quantify the implications of these deviations from the commonly used set point temperature for cooling demand, we harness state-specific reduced form equations established via regressing summer-time energy demand on the estimated CDD values. Figure 2(b) depicts the implication of estimating CDD using the derived set pint air tem-

peratures. Specifically, the figure depicts the percentage shift in the climate-sensitive por-282 tion of cooling demand state-wide, with variations up to 29%. This result demonstrates 283 that in states with negative variations (shaded in red), the conventional set-point tem-284 perature overestimates the climate-sensitive portion of the cooling demand. The over-285 estimation has a higher absolute variation, as seen in states like Florida (FL, -28.38%) 286 and Georgia (GA, -14.68%) which rank amongst the most energy-intensive states in the 287 country. To illustrate the extent of these deviations, we use Florida as an example. A 288 -28.38% change in FL cooling consumption would reflect an overestimation of 4,700KWh 289 per capita (EIA, 2020c). 290

States shaded in blue demonstrate areas where the use of the conventional set-point 291 temperature in calculating CDD underestimates the climate-sensitive portion of demand. 292 While these underestimations are comparatively lower in absolute value, they have sig-203 nificant implications in key energy-intensive states such as Illinois (IL, 12.69%) and New 294 York (NY, 7.94%). Moreover, the states where the conventional approach leads to an 295 underestimation of cooling demand present serious challenges to energy planning. Specif-296 ically, even a small deviation from forecasted and/or anticipated demand in these states 297 can prove costly, not only to energy infrastructure planners and operators but also the 298 consumers. 299

Besides the advantage of using geographically-specific CDDs for more accurate demand forecasting, there are other benefits such as better estimation of air conditioning penetration and adoption rates. For example, the use of generic CDDs in calculating Cooling Penetration (PNT) (S. Laine et al., 2019) and the fraction of households that would acquire AC if they could afford it ( $S_{max}$ ) (Jakubcionis & Carlsson, 2017) (refer to Section 2.6) would yield misestimations as high as 9% and 17%, respectively (Figure 3).

The PNT estimates are also significantly affected when using the projected CDDs 306 as well as the humidity-based CDD, as seen in Supplementary Figures S2 and S3 (up to 307 28% change for air CDD and a max of 7% in heat index CDD—total average of 5% and 308 2%, respectively).  $S_{max}$  has a greater variation for projected data, shown in Supplemen-309 tary Figures S4 and S5, with an average of 9% change for air temperature CDD and 6%310 for heat-index based CDD estimates. Compared to the PNT estimates,  $S_{max}$  has a higher 311 variation partly due the lack of threshold limits in its calculation (Equation 7). Never-312 theless, for both indices (i.e., PNT and  $S_{max}$ ) over half of the states (shaded in blue) rep-313 resent significant underestimations of the projected CDD estimates (Fig. 3 (b) and (c); 314 see also Supplementary Figs. S4 and S5), presenting significant cause for concern in en-315 ergy planning. 316

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# 3.2 The Role of Near-surface Humidity and Corresponding CDD Estimates

Considering the significant challenges posed by climate change, not only in terms 319 of increased frequency and intensity of extreme heat events over time (IPCC, 2014; Auffham-320 mer et al., 2017; Mehrabi et al., 2019; Creutzig et al., 2018), but also the growing im-321 portance of humidity in shaping future air conditioning demand (Maia-Silva et al., 2020; 322 Bhatnagar et al., 2018; Sailor et al., 2019; Guan, 2009; Holmes et al., 2016), we analyze 323 324 the projected changes in CDDs based on air temperature and contrast them with a similar measure based on heat index, which accounts for both air temperature and humid-325 ity. We harness the climate projection data-set of five CMIP5-GCMs under the RCP8.5 326 for the period of 2031-2050. 327

Heat index-based CDDs are calculated using the same method that is used for calculating air temperature-based CDDs. In other words, we estimate the geographically varying optimal heat-index values based on electricity consumption data. For conducting projections under climate change, we use the 2031–2050 time period to be consistent with the time span most commonly used in mid-term energy planning reports (EIA,
 2020a; IPCC, 2014), while still accounting for climate change effects.

Figure 4(a) and Figure 4(b) show monthly summer-time CDD values using air tem-334 perature of  $65^{\circ}$ F (18.3°C) as the set-point for the historical period (1990–2016, a) and 335 future projections (2031–2050, b), while Figure 4(d) and Figure 4(e) demonstrate the 336 same information when using derived temperature set-points. Figure 4(g) and Figure 4(h) 337 reflect the same monthly summer-time CDD values for both historical and future pro-338 jections for heat index. Figure 4(c), Figure 4(f), and Figure 4(i) illustrate the percent-339 age difference within each climate measure (i.e., between air temperature set-point of 65°F 340 , derived air temperature set-points, and heat index, respectively) between the histor-341 ical and future time periods. In other words, they reflect the intensity that each climate 342 measure is changing over time. Important differences between the 65°F air temperature 343 and the updated set-point are seen in the southern states, such as Texas and Florida, 344 with the 65°F set-point presenting higher values of CDD (334 and 324 units, respectively). 345 This is expected since 65°F is below the derived set-point values for these states, lead-346 ing to a possible overestimation in CDD values. When comparing to heat index for the 347 future projected scenario (Figure 4(h)) there is a great general increase for the same ar-348 eas, showing the important role of humidity in the southern region of the country. Cal-349 ifornia, a crucial state in terms of energy consumption, population, and revenue, presents 350 a dramatic change in humidity measure compared to air temperature based CDD, with 351 a higher monthly CDD (213 units), showing the potential for underestimation when only 352 focusing on air temperature CDDs, either the updated values or the convention fixed set-353 point values. This is in line with previous research (Kumar et al., 2020) that showed a 354 strong asymmetrical effect of heat-stress measure (that accounts for both humidity and 355 air temperature) on electricity demand in California. 356

Heat index was used in this study as it is a widely used indicator of heat-stress (Buzan 357 et al., 2015). Having said that, a comprehensive analysis of the role of humidity through 358 an extensive analysis of other measures of heat stress is necessary to identify the opti-359 mal heat-stress measure for each state (Maia-Silva et al., 2020). However, the goal in this 360 study is to simply exemplify how humidity-related measures change differently over time 361 when compared to air temperature, both 65°F set-point and derived values, and the pos-362 sible misestimations that result from these differences. Additionally, we illustrate the im-363 portance of extending the CDD methodology beyond air temperature for more accurate energy-climate nexus analysis, using heat index as an example. Moreover, to check the 365 robustness of the implications of the result, we also applied the CDD method to another 366 widely adopted heat-stress measure of discomfort index (Sailor et al., 2019; Guan, 2009; 367 Holmes et al., 2016). Results are shown in Supplementary Figure S6. These results also 368 indicate the substantial differences in projected CDD based on discomfort index com-369 pared to temperature based CDDs. In summary, by illustrating these examples, we high-370 light the crucial role of accounting for humidity in the climate-energy nexus research. 371

# 4 Discussion and Concluding Remarks

Increased demand for cooling has been identified as a critical blind spot in today's sustainability discourse (Khosla et al., 2020a). Inadequate characterization of human thermal comfort poses significant challenges to the security and resilience of the grid and present obstacles to achieving sustainable development goals (SDGs) (Biardeau et al., 2020; Li et al., 2020; Isaac & van Vuuren, 2009). Despite its widespread use in characterizing human thermal comfort, CDD is not a universally reliable proxy for cooling energy demand.

Here, we examine the consequences of calculating CDD based on the widely-used generic set-point temperature of 65°F (18.3°C) in energy infrastructure planning. Specifically, we use the historical summer-time energy demand data to derive geographically specific comfort-zone temperatures across the CONUS. We demonstrate the degree to which generic CDDs over- or underestimate demand for cooling by disregarding geographical heterogeneity in thermal comfort across the country. Moreover, we extend the calculation of CDD to also account for humidity and demonstrate the degree to which current approaches fall short in capturing human thermal comfort under present and future climate conditions.

As the world gets hotter and the demand for cooling energy soars, utilities face un-388 precedented challenges in reliably balancing the grid, especially during the more frequent 389 and prolonged heat events (Auffhammer et al., 2017; Coumou & Rahmstorf, 2012; Davis 390 & Gertler, 2015; Maia-Silva et al., 2020). We demonstrate that relying on conventional 391 CDD for energy projections and ignoring the critical role of humidity will be costly for 392 both utilities and customers. Credible projections of demand, both in the near-term and 393 future, allow policymakers and utilities to develop more sustainable and proactive plans. 394 For instance, policy levers such as carbon tax credit and demand-side management can 395 decelerate the adoption of AC units, increase the share of renewable generation and in-396 centivize investments in energy-efficient appliances. Additionally, passive cooling designs 397 and nature-inspired construction methods can lower the temperature in buildings and 398 mitigate the soaring demand for cooling. Such design solutions include the use of shades, 399 enhanced wind circulation, green rooftops, evaporative cooling, glass modifications, and 400 bio-inspired cooling technologies (Fu et al., 2020; De Angelis et al., 2017; Nie et al., 2020) 401 Higher vegetation in the urban environment has also been shown to have a modulating 402 effect during extreme heat events (Bounoua et al., 2015; Susca et al., 2011; Melaas et al., 403 2016). 404

In summary, our study underscores the value of leveraging the observed trends in energy demand in deriving optimal, regionally-specific comfort zone levels for calculating CDDs. Moreover, we demonstrate that disregarding humidity leads to mis-estimation of projected energy demand under climate change, with considerable implications for the security of the grid. Overall the insights and findings of our study contribute to pushing the sustainable development agenda and efforts in delivering sustainable cooling to society.

# 412 **5** Open Research

Datasets used in this study are freely available from referenced sources: U.S. Energy Information Administration (EIA, 2020b, 2020c), NCEP North American Regional
Reanalysis (NARR) (Mesinger et al., 2006; NCEP, 2019; CIESIN, 2019), and CMIP5 model
outputs through the Earth System Grid Federation (ESGF) gateways.

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Figure 1. An example of the Energy Signature Method conducted for the state of Arizona (AZ) for air temperature-based CDD (a) and heat index-based CDD (b). The example is also shown for the state of Georgia (GA) for air temperature-based CDD (c) and heat index-based CDD (d). The derived heating and cooling set-points for each state and variable are depicted in blue.



Air temperature updated CDD set-point (<sup>O</sup>C)

Energy % variation based on CDD



Figure 2. (a) The derived CDD air temperature set-points for the CONUS states. The numbers indicated on the panel (a) represent the derived set-point temperatures, and the background colors the deviation of the set-point temperature from the traditional fixed value of  $18.3^{\circ}$ C. In orange (blue), the darker the state color, the greater its positive (negative) variation from the traditionally used  $65^{\circ}$ F ( $18.3^{\circ}$ C) set-point. (b) Percentage change in the climate-sensitive portion of residential cooling demand in all 48 CONUS states when using the updated set-point for air temperature CDD. Here in panel (b), both indicated numbers and background colors represent the percentage change estimates.



Figure 3. Scatter plots depicting the state-wide variation in: (a) Summer CDD values estimated using the 18.3°C base point temperature vs. the derived base point values; (b) same as (a), but for the PNT estimates (representing the percentage of homes in a certain area that have access to air conditioning); and (c) for the Smax values (representing the fraction of households in a certain area that would acquire AC if they could afford it). All three variables are average estimates corresponding to the observational time-period (1990-2016). In all three scatter plots, the respective (1:1) lines are also shown as the reference.



Figure 4. The top two panels represent state-level CDD values estimated using air temperature with a traditional set-point value of  $65^{\circ}$ F (the top panel) and the derived set-point temperature (the middle panel). The bottom panel represents CDD for heat index. The results illustrated in (a), (d), and (g) represent data from the GCMs-based historical period (1990-2016) for summer months (May to September) for, respectively, the traditional set-point temperature, the derived air temperature, and heat index. (b), (e), and (h) represent the projected time period (2031–2050) and same summer months for the the traditional set-point temperature, derived air temperature, and heat index, respectively. Finally, figure (c), (f), and (i) depict the difference between the two previous panels for each variable (traditional air temperature, derived air temperature, and heat index).

# Supporting Information for "The Goldilocks Zone in Cooling Demand: What can we do better?"

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Here we present supplementary Figures (S1–S6) that are cited in the main text.

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Figure S1. The Energy Signature method for the state of Washington (WA). Even though there is a energy response for the heating demand, there is no visible response for the cooling demand. Hence, we did not add WA results for the derived air temperature results depicted in the main Figure 1.



Figure S2. Projected values (2031-2050) PNT from variable CDD versus PNT from the 65°F (18.3°C) base value.



Figure S3. Projected values (2031-2050) PNT from heat index CDD versus PNT from variable CDD.



**Figure S4.** Projected values (2031-2050) Smax from variable CDD versus Smax from the 65°F (18.3°C) base value.



Figure S5. Projected values (2031-2050) Smax from heat index CDD versus Smax from variable CDD.



Figure S6. Discomfort index (DI) CDD. (a) represents data from the projected GCMs from 1990-2016 for the summer months (May to September). (b) represents the projected time frame (2031-2050) and summer months, but for the updated discomfort index base. Finally, (c) depicts the difference between the first two panels.