

ABSTRACT

The invention provides an indoor environment regulating system with excellent energy efficiency. The indoor environment regulating system of the invention is provided with an indoor surface structural member 300, 400 constructed of a material comprising a far-infrared emitting substance that emits and absorbs far-infrared rays and has a far-infrared emissivity of 0.6 or greater, and a cooling and/or heating source 200, 301 having a cooling and/or heating surface constructed of a material comprising the same far-infrared emitting substance as the far-infrared emitting substance of the indoor surface structural member, and wherein when the cooling surface of the cooling source 301 is cooled, the far-infrared emitting substance of the cooling surface absorbs the far-infrared rays emitted by the far-infrared emitting substance of the indoor surface structural member 300, 400, and/or when the heating surface 200 of the heating source is heated, the far-infrared rays 62 emitted by the far-infrared emitting substance of the heating surface are absorbed by the far-infrared emitting substance of the indoor surface structural member 300, 400.