

ABSTRACT OF THE DISCLOSURE

A sheet-shaped energy-saving assembly(100) comprising a first surface and a second surface(130), formed with a hole(120) penetrating through the first surface and the second surface(130) and formed of a first material and a first ceramic that emits far infrared ray, is installed on an exterior side of a suction port(210) of an air-conditioning apparatus(200). The first ceramic contains SiO_2 , Fe_2O_3 , Al_2O_3 , MgO and CaO . Thus, the increasing power consumption of the air-conditioning apparatus(200) can be suppressed when the ventilation is deteriorated due to internal contamination.