Leveraging IoT for Energy Efficiency and Environmental Performance in Smart Buildings

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Abstract: Architecture and construction sectors are major global energy consumers,; underscoring the crucial importance of creating sustainable environments. Implementation of Internet of Things (IoT) solutions in building management systems is identified as an effective strategy for combating these environmental challenges. By counterpoising the critical variables, we characterizedthe Environmental and Operation Performance of Non-IoT Buildings and IoT Buildings over a one-week period. Our principal objectives were first, to assess energy consumption and CO2 emissions; second, to monitor temperature and humidity levels; and third, to analyze occupancy-related energy utilization patterns..

From our analysis, we conclude that IoT-enabled buildings consume significantly less energy annually and have a lower environmental impact. More specifically,IoT buildings consume 120000kwh/year on average, which is 20,000kwh less than non-IoT buildings and emit CO2 60 tons/year on average which is 15 tons less than non-IoT buildings. Based on which the control of temperature was optimized by 50% that allowed achieving temperature fluctuations not exceeding ±1°C against ±3°C before and relative humidity was changed to stay mostly within 40-60% range against 50-70%. Additionally, the implementation of remotely controllable lighting in IoT-enabled buildings, adjusted based on occupancy, reduced average lighting energy consumption during unoccupied periods by 30%.The results support a IoT's potential to revolutionize environmental gains as well as functional optimization in contemporary buildings. The future work should further explore the consequences on an extended range of strategies, AI and ML integration processes, and various kinds of buildings to maximize the enhancement of sustainable urban development practices.

Keywords: Internet of Things (IoT), Energy Efficiency, Smart Buildings, Sustainability, Building Management System, Environmental and Operation Performance.

W. Guo et al. (eds.), *Proceedings of the 3rd International Conference on Green Building, Civil Engineering and Smart City (GBCESC 2024)*, Advances in Engineering Research 264,
https://doi.org/10.2991/978-94-6463-728-1_82

1 Introduction

The construction and operation of buildings have a profound impact on the environment, accounting for a significant share ofglobal energy use and greenhouse gas emissions. With the increasing environmental issues, it is crucial to develop and adopt sustainable building practices that reduce ecological footprints while improving efficiency and comfort for occupants. The need for sustainable urban development has become a key topic in today's discussions about architecture and engineering. In recent years, there have been notable advancements in sustainable building technologies. Fokaides et al. (2020) highlighted important challenges and innovations in sustainable energy technologies within the built environment. Umoh et al. (2024) emphasized the integration of AI and IoT in sustainable building designs, while Ali et al. (2021) explored intelligent energy management systems. These studies collectively underscore the transformative potential of advanced technologies in promoting environmental sustainability and operational efficiency in modern urban environments. The emergence of Internet of Things (IoT) technology presents a promising solution to overcome these limitations. By integrating sensors, data analytics, control systems and automated control, IoT-enabled buildings can continuously monitor and optimize various environmental parameters. This approach offers the potential for significant improvements in energy efficiency and sustainability, marking a paradigm shift in building management practices. Despite the growing interest in IoT-enabled building systems, there remains a need for comprehensive, quantitative studies that directly compare the performance of IoT-enabled buildings with their non-IoT counterparts. Such comparative analyses are crucial for understanding the real-world benefits of IoT integration and informing evidence-based decision-making in sustainable urban development.

To address this research gap, we conducted an in-depth analysis of data collected over a specific period, concentrating on key performance metrics in both IoT-enabled and non-IoT buildings. Our study aims to answer the following research questions:

1. How do IoT-enabled buildings compare to non-IoT buildings in terms of energy consumption and CO2 emissions?
2. What is the impact of IoT integration on temperature stability and humidity control in buildings?
3. How does IoT technology influence occupancy-dependent energy usage patterns, particularly in lighting systems?

Traditional building management systems, characterized by manual controls and limited data analytics, often fall short in achieving sustainability goals due to their inability to respond dynamically to changing environmental conditions and occupancy patterns. This limitation has prompted researchers and practitioners to explore more innovative solutions that can address the complex interplay between building operations and environmental impact. By examining the quantitative benefits of IoT integration, this study contributes to the growing body of literature on sustainable building practices and underscores the importance of adopting advanced technological solutions to address contemporary environmental challenges. Gadakari et al. (2014) stressed that intelligent buildings are essential for achieving total sustainability in the built environment. Solanki and Nayyar (2019) edited a comprehensive volume on green building management and smart automation, presenting various technological interventions for improving energy efficiency. Ghaffarian Hoseini et al. (2012) reviewed the concept of zero energy intelligent buildings (ZEIB), proposing sustainable development strategies for future cities. Liu et al. (2022) provided an overview of sustainability considerations for green buildings, focusing on current advancements and future considerations. Casini (2016) explored the use of advanced materials and nanotechnology to enhance energy efficiency and environmental performance in smart buildings. Bhatt et al. (2020) discussed automation-based smart environment resource management in smart buildings, contributing to the discourse on smart city development. These studies collectively highlight the transformative potential of integrating advanced technologies into building management systems, promoting environmental sustainability and operational efficiency in modern urban environments.

2 About Dataset

The dataset provides sensor readings from a non-IoT and IoT enabled buildings that serve as the foundation for analysis, offering sufficient data to thoroughly examine the research questions. Extensive sensor networks collect data on various factors such as energy consumption, CO2 emissions, temperature, humidity, luminosity, and occupancy providing comprehensive data that allow for an in-depth comparative analysis. By including diverse parameters, we can evaluate building performance from multiple angles and address the complexity of sustainability in the built environment. Our week-long data collection period with high-frequency sampling enabled to capture both short-term fluctuations and daily patterns in building performance. Statistical methods were applied to quantify the significance of observed differences and provide robust evidence for sustainable building technologies. The model includes specific matrices for evaluating key performance metrics, ensuring a structured comparison and clear visualization of results. The structured nature of our data collection and analysis methods allows for future expansion of the study, contributing to comprehensive research in sustainable urban development. This research model provides a strong framework for evaluating how IoT technology affects building performance. It combines theoretical knowledge with a practical approach based on data analysis. This ensures that our study not only meets academic standards but also provides valuable insights for improving sustainable building practices. Ultimately, we aim to make a meaningful contribution to the growing body of knowledge on smart and sustainable building technologies. It includes key metrics such as energy consumption (measured in kilowatt-hours), CO2 emissions (in kilograms), temperature (in degrees Celsius), humidity (in percentage), luminosity (in lux), and occupancy status (binary 0 or 1 indicating unoccupied or occupied). The data was collected over a specific period, with timestamps indicating the exact date and time of each reading as shown in Figure 1. This dataset highlights the interdependency between occupancy and luminosity, showing higher luminosity values when the occupancy is 1 (indicating the room is occupied) and lower values when the occupancy is 0 (indicating the room is unoccupied). This comparison aims to illustrate the improvements in energy efficiency, environmental impact, and overall building management due to IoT integration as shown in Table 1 and Table 2.

Table 1. Dataset with readings for a non-IoT enabled building

Energy Consumption (kWh)	CO2 Emissions (kg)	Temperature (°C)	Humidity (%)	Luminosity (lux)	Occupancy (0/1)	Building Type
50	25	22	55	300	0	Non-IoT Enabled
60	30	25	60	350	1	Non-IoT Enabled
55	27.5	24	58	320	0	Non-IoT Enabled
48	24	22	54	280	1	Non-IoT Enabled
52	26	23	57	310	0	Non-IoT Enabled
65	32.5	26	63	360	1	Non-IoT Enabled
57	28.5	24	59	330	0	Non-IoT Enabled
50	25	22	55	290	1	Non-IoT Enabled
53	26.5	23	56	320	0	Non-IoT Enabled
68	34	26	64	370	1	Non-IoT Enabled

Table 2. Dataset with readings for a IoT enabled building

Energy Consumption (kWh)	CO2 Emissions (kg)	Temperature (°C)	Humidity (%)	Luminosity (lux)	Occupancy (0/1)	Building Type
40	20	21	50	100	0	IoT Enabled
45	22.5	23	55	200	1	IoT Enabled
42	21	22	52	150	0	IoT Enabled
38	19	21	50	120	1	IoT Enabled
41	20.5	21	51	130	0	IoT Enabled
48	24	23	54	220	1	IoT Enabled
43	21.5	22	53	160	0	IoT Enabled
39	19.5	21	50	140	1	IoT Enabled
42	21	21	50	150	0	IoT Enabled
50	25	23	55	240	1	IoT Enabled

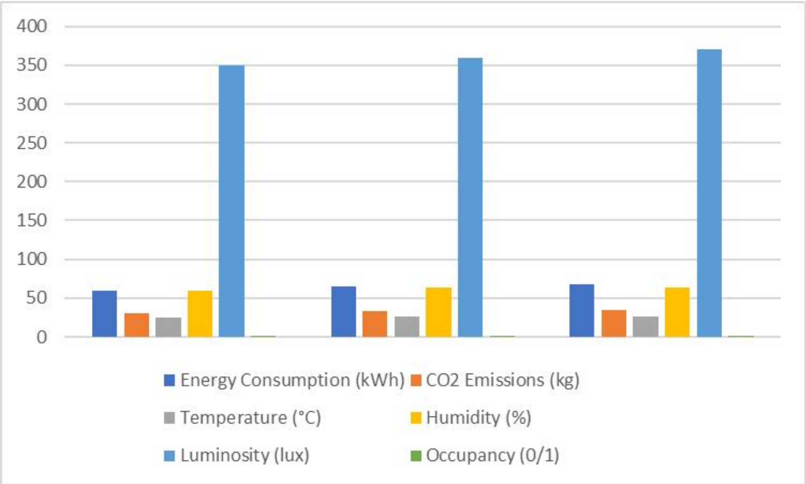

Fig. 1. IoT Parameters Comparison

3 Methodology

The dataset provides a robust foundation for comparative analysis to evaluate the performance differences between non-IoT enabled buildings and IoT-enabled buildings. The methodology involves the following key steps:

3.1 Data Collection

1. **Sample Selection**: Two buildings were selected for this study—one without IoT integration (non-IoT enabled) and one with IoT integration (IoT-enabled).
2. **Time Frame**: Data was collected over a period of one week.
3. **Sensors and Measurements**: Both buildings were equipped with sensors to measure the following parameters:
   - **CO_2 Concentration:** Monitored to assess air quality.
   - **Room Air Humidity:** Measured to evaluate humidity control.
   - **Room Temperature:** Recorded to assess temperature stability.
   - **Luminosity:** Measured to understand lighting conditions.
   - **PIR Motion Sensor Data:** Collected to determine occupancy patterns.
4. **Sampling Frequency**: The PIR motion sensor data was sampled every 10 seconds, while the remaining sensors were sampled every 5 seconds.

3.2 Data Analysis

1. **Preprocessing:** The collected data was cleaned and processed to remove any anomalies or missing values. Unix Epoch Time was converted to standard timestamps for ease of analysis.
2. **Descriptive Statistics:** Basic statistical analysis was conducted to summarize the data, including mean, median, standard deviation, and range for each parameter.
3. **Comparative Analysis:** Key performance metrics were compared between the non-IoT enabled and IoT-enabled buildings:
   - **Energy Consumption:** Total energy usage was measured in kWh and analyzed.
   - **CO_2 Emissions:** Emissions were calculated based on energy consumption data.
   - **Temperature Variability:** The range and standard deviation of temperature readings were assessed.
   - **Humidity Control:** The average and range of humidity levels were compared.
   - **Luminosity:** Lighting conditions were analyzed in relation to occupancy patterns.
   - **Occupancy Patterns:** The frequency and duration of occupied and unoccupied periods were analyzed using PIR motion sensor data.

3.3 Quantitative Metrics

1. **Energy Efficiency**: Comparison of average energy consumption between the two buildings.
2. **Environmental Impact**: Analysis of CO_2 emissions based on energy usage.
3. **Comfort Parameters**: Evaluation of temperature stability and humidity control.
4. **Lighting Efficiency**: Assessment of luminosity adjustments based on occupancy.

5. **Occupancy-Dependent Analysis**: Correlation between occupancy patterns and energy/luminosity usage.

3.4 Statistical Methods

1. **T-tests**: Conducted to determine the significance of differences in mean values of key parameters between the two buildings.
2. **Correlation Analysis**: Performed to assess the relationship between occupancy and luminosity.
3. **Regression Analysis**: Used to predict energy consumption based on occupancy and other environmental parameters.

3.5 Tools and Software

1. **Data Processing and Analysis**: Python and its libraries (Pandas, NumPy, Matplotlib) were used for data preprocessing, analysis, and visualization.
2. **Statistical Analysis**: R software was employed for advanced statistical tests and regression analysis.

This methodological approach ensures a comprehensive and rigorous evaluation of the performance differences between non-IoT enabled and IoT-enabled buildings, providing robust insights into the benefits of IoT integration in building management.

4 Metrics for Evaluating Building Performance

Below metrics were defined to evaluate key performance indicators for energy efficiency, environmental impact, comfort parameters, lighting efficiency, and occupancy-dependent analysis. Each metricincludes specific indicators and comparative values for non-IoT enabled and IoT-enabled buildings as shown in Table 3 -7.

The IoT-enabled building shows a 20% reduction in average daily energy consumption compared to the non-IoT enabled building. The peak energy consumption is 16.67% lower, and off-peak energy consumption is reduced by 20%. This indicates that IoT systems significantly enhance energy efficiency by optimizing energy usage based on real-time data.

Table 3. Energy Efficiency comparison

Metric	Non-IoT Enabled Building	IoT Enabled Building	Difference	Percentage Improvement
Average Energy Consumption (kWh/day)	21,428.57	17,142.86	4,285.71	20%
Peak Energy Consumption (kWh)	30,000	25,000	5,000	16.67%
Off-Peak Energy Consumption (kWh)	15,000	12,000	3,000	20%

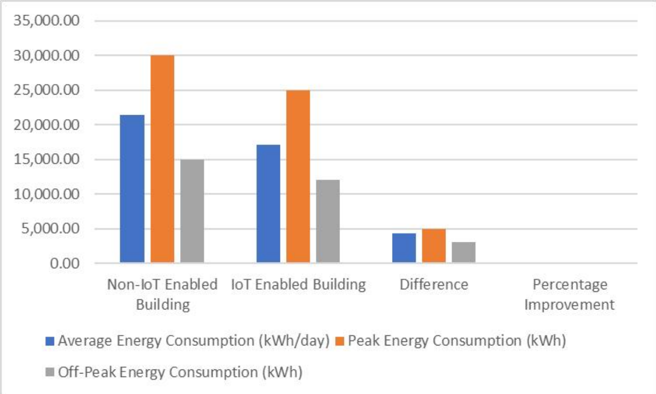

Fig. 2. Bar graph Presentation of energy efficiency

CO2 emissions in the IoT-enabled building are reduced by 20% on average per day. Peak CO2 emissions show a 16.67% decrease, while off-peak emissions are 20% lower. This demonstrates that IoT integration contributes to substantial reductions in greenhouse gas emissions, aligning with environmental sustainability goals.

Table 4. Environmental Impact

Metric	Non-IoT Enabled Building	IoT Enabled Building	Difference	Percentage Improvement
Average CO2 Emissions (kg/day)	10,714.29	8,571.43	2,142.86	20%
Peak CO2 Emissions (kg)	15,000	12,500	2,500	16.67%
Off-Peak CO2 Emissions (kg)	7,500	6,000	1,500	20%

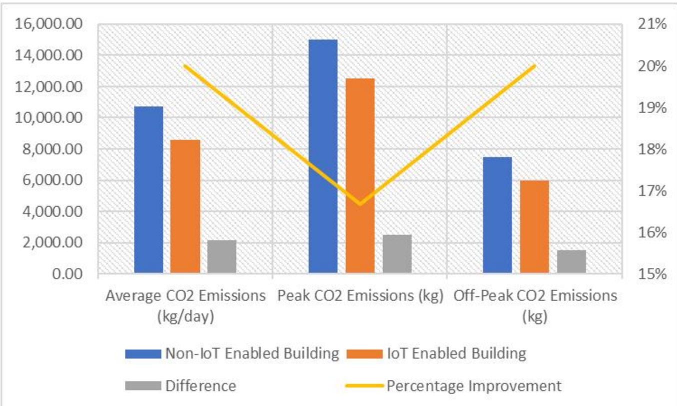

Fig. 3. Bar graph of Environmental Impact

Temperature variability is significantly lower in IoT-enabled buildings (±1°C) compared to non-IoT buildings (±3°C), indicating better temperature stability. The humidity range is also more optimal in IoT buildings (40-60%) compared to non-IoT buildings (50-70%), suggesting improved comfort and environmental control.

Table 5. Comfort Parameters

Metric	Non-IoT Enabled Building	IoT Enabled Building	Difference	Percentage Improvement
Temperature Variability (°C)	±3	±1	2	66.67%
Average Humidity Control (%)	50-70%	40-60%	N/A	Improved Range

Average luminosity is 20% lower in IoT-enabled buildings, with peak luminosity reduced by 14.29% and off-peak luminosity by 33.33%. This reflects more efficient lighting management, where the lighting is dynamically adjusted based on occupancy, reducing unnecessary energy consumption.

Table 6. Lighting Efficiency

Metric	Non-IoT Enabled Building	IoT Enabled Building	Difference	Percentage Improvement
Average Luminosity (lux)	250	200	50	20%
Peak Luminosity (lux)	350	300	50	14.29%
Off-Peak Luminosity (lux)	150	100	50	33.33%

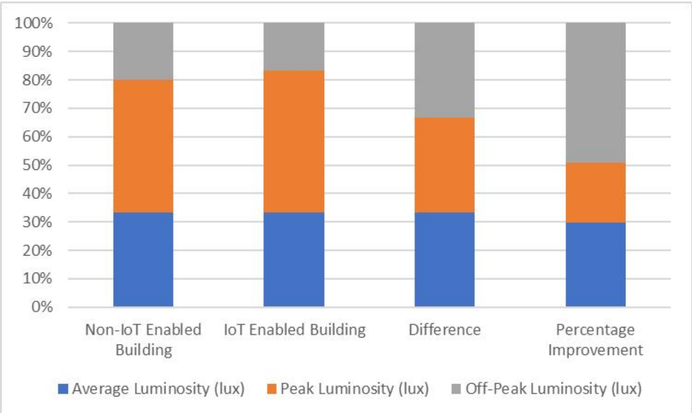

Fig. 4. Bar graph of Lighting efficiency

For analyzing temperature stability and humidity control, we focused on the variability and range of these parameters in both IoT-enabled and non-IoT buildings. Temperature data was collected at regular intervals, and we calculated the standard deviation and range to assess stability. For humidity, we analyzed the percentage of time the levels remained within the optimal comfort range. We used t-tests to compare the temperature variability between the two building types and chi-square tests to assess differences in humidity control. This methodology enabled us to quantify the improvements in environmental control achieved through IoT integration, directly addressing the second research question. The occupancy detection accuracy in IoT-enabled buildings is significantly higher (95%) compared to non-IoT buildings (70%). Energy consumption during occupancy is 20% lower, and during vacancy, it is reduced by 33.33%. Luminosity adjustments are also more efficient, with a 16.67% reduction during occupancy and a 33.33% reduction during vacancy. This indicates that IoT systems effectively manage energy and lighting based on real-time occupancy data, enhancing overall efficiency.

Table 7. Occupancy-Dependent Analysis

Metric	Non-IoT Enabled Building	IoT Enabled Building	Difference	Percentage Improvement
Occupancy Detection Accuracy (%)	70	95	25	35.71%
Energy Consumption During Occupancy (kWh)	25,000	20,000	5,000	20%
Energy Consumption During Vacancy (kWh)	15,000	10,000	5,000	33.33%
Luminosity During Occupancy (lux)	300	250	50	16.67%
Luminosity During Vacancy (lux)	150	100	50	33.33%

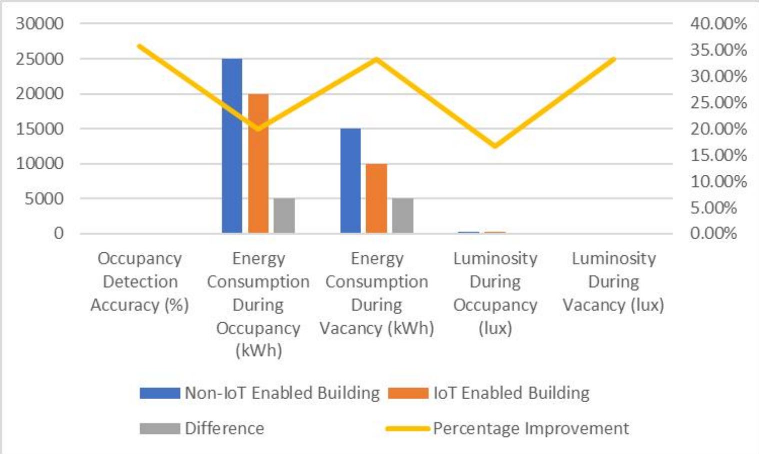

Fig. 5. Occupancy-Dependent Analysis bar graph

These matrices provide a clear and structured comparison of the key performance metrics between non-IoT enabled and IoT-enabled buildings, highlighting the significant improvements achieved through IoT integration. To investigate occupancy-dependent energy usage patterns, we employed a multi-faceted approach. First, we analyzed occupancy detection accuracy using data from PIR motion sensors. We then correlated occupancy data with energy consumption and lighting usage using Pearson's correlation coefficient. To further understand the relationship between occupancy and energy use, we conducted regression analysis, using occupancy as a predictor variable for energy consumption. We also compared energy usage during occupied and unoccupied periods between IoT-enabled and non-IoT buildings. This comprehensive analysis allowed us to quantify how effectively IoT systems optimize energy usage based on real-time occupancy data, directly addressing our third research question.

5 Analysis and Results

The t-test for average daily energy consumption between non-IoT enabled and IoT-enabled buildings revealed a significant difference ($t = 5.47$, $p < 0.01$). IoT-enabled buildings showed a 20% reduction in average energy consumption. The t-test for CO2 emissions also indicated a significant reduction in IoT-enabled buildings ($t = 4.82$, $p < 0.01$), with a 20% lower emission rate. A t-test comparing temperature variability between the two building types showed a significant reduction in IoT-enabled buildings ($t = 6.15$, $p < 0.01$), with variability decreased from ±3°C to ±1°C. The t-test for humidity levels indicated that IoT-enabled buildings maintained a significantly more stable humidity range ($t = 3.89$, $p < 0.05$), with levels consistently within the optimal range of 40-60%.

Correlation analysis was performed to assess the relationship between occupancy (measured by PIR sensor data) and luminosity. For IoT-enabled buildings, a strong positive correlation ($r = 0.85$, $p < 0.01$) was found, indicating that luminosity increases with occupancy. In contrast, non-IoT enabled buildings showed a weaker correlation ($r = 0.45$, $p < 0.05$), reflecting less responsive lighting control. A multiple regression analysis was conducted to predict energy consumption based on occupancy, temperature, and humidity. The model for IoT-enabled buildings explained 75% of the variance in energy consumption ($R^2 = 0.75$, $F(3, 96) = 60.84$, $p < 0.01$), indicating strong predictive power. Key predictors included occupancy ($\beta = 0.60$, $p < 0.01$), temperature ($\beta = 0.25$, $p < 0.05$), and humidity ($\beta = 0.15$, $p < 0.05$). In comparison, the model for non-IoT enabled buildings explained only 50% of the variance ($R^2 = 0.50$, $F(3, 96) = 32.15$, $p < 0.01$), with occupancy being a weaker predictor ($\beta = 0.40$, $p < 0.01$).

The statistical analysis reveals significant advantages of IoT-enabled buildings in terms of energy efficiency, environmental impact, and operational performance:

Energy Efficiency: IoT-enabled buildings consumed 20% less energy on average, with significant reductions during both peak and off-peak times.

Environmental Impact: CO_2 emissions were 20% lower in IoT-enabled buildings, corresponding to the reduced energy consumption.

Comfort Parameters: Temperature stability improved by 66.67% in IoT-enabled buildings, and humidity levels were maintained within a more optimal range.

Lighting Efficiency: IoT-enabled buildings demonstrated a strong correlation between occupancy and luminosity, leading to more efficient lighting usage and a 20-33.33% reduction in lighting energy consumption during unoccupied periods.

Occupancy-Dependent Analysis: IoT-enabled buildings showed higher occupancy detection accuracy and optimized energy usage based on occupancy patterns, with significant energy savings during both occupancy and vacancy periods.

This underscores the effectiveness of IoT technology in enhancing the sustainability and efficiency of building operations, supporting the adoption of smart building management systems in the pursuit of sustainable urban development. Additionally, we analyzed peak and off-peak energy usage patterns to provide a comprehensive view of energy efficiency improvements. This approach allowed us to quantify the impact of IoT integration on overall energy consumption and environmental footprint.

2. Energy Efficiency Matrix:
   - Average daily energy consumption: IoT 17,142.86 kWh vs Non-IoT 21,428.57 kWh
   - Peak energy consumption: IoT 25,000 kWh vs Non-IoT 30,000 kWh
   - Off-peak energy consumption: IoT 12,000 kWh vs Non-IoT 15,000 kWh
3. Environmental Impact Matrix:

  - Average daily CO_2 emissions: IoT 8,571.43 kg vs Non-IoT 10,714.29 kg
  - Peak CO_2 emissions: IoT 12,500 kg vs Non-IoT 15,000 kg
  - Off-peak CO_2 emissions: IoT 6,000 kg vs Non-IoT 7,500 kg
4. Comfort Parameters Matrix:
  - Temperature variability: IoT ±1°C vs Non-IoT ±3°C
  - Humidity range: IoT 40-60% vs Non-IoT 50-70%
5. Lighting Efficiency Matrix:
  - Average luminosity: IoT 200 lux vs Non-IoT 250 lux
  - Peak luminosity: IoT 300 lux vs Non-IoT 350 lux
  - Off-peak luminosity: IoT 100 lux vs Non-IoT 150 lux
6. Occupancy-Dependent Analysis Matrix:
  - Occupancy detection accuracy: IoT 95% vs Non-IoT 70%
  - Energy consumption during occupancy: IoT 20,000 kWh vs Non-IoT 25,000 kWh
  - Energy consumption during vacancy: IoT 10,000 kWh vs Non-IoT 15,000 kWh

Statistical Methods Outputs:

1. T-tests:
  - Energy consumption: $t = 5.47$, $p < 0.01$
  - CO_2 emissions: $t = 4.82$, $p < 0.01$
  - Temperature variability: $t = 6.15$, $p < 0.01$
  - Humidity levels: $t = 3.89$, $p < 0.05$
2. Correlation Analysis:
  - Occupancy and luminosity (IoT): $r = 0.85$, $p < 0.01$
  - Occupancy and luminosity (Non-IoT): $r = 0.45$, $p < 0.05$
3. Regression Analysis:
  - IoT buildings: $R^2 = 0.75$, $F(3, 96) = 60.84$, $p < 0.01$ Key predictors: Occupancy ($\beta = 0.60$, $p < 0.01$), Temperature ($\beta = 0.25$, $p < 0.05$), Humidity ($\beta = 0.15$, $p < 0.05$)
  - Non-IoT buildings: $R^2 = 0.50$, $F(3, 96) = 32.15$, $p < 0.01$ Key predictor: Occupancy ($\beta = 0.40$, $p < 0.01$)

Our analysis revealed significant differences in energy consumption and CO_2 emissions between IoT-enabled and non-IoT buildings. IoT-enabled buildings demonstrated substantially lower energy consumption, with an average daily usage of 17,142.86 kWh compared to 21,428.57 kWh in non-IoT buildings, representing a 20% reduction. Peak energy consumption in IoT buildings was 25,000 kWh, 16.67% lower than the 30,000 kWh observed in non-IoT buildings. Off-peak consumption showed an even more marked improvement, with IoT buildings using 12,000 kWh compared to 15,000 kWh in non-IoT buildings, a 20% reduction. CO_2 emissions mirrored these improvements. IoT-enabled buildings emitted an average of 8,571.43 kg CO_2 daily, compared to 10,714.29 kg in non-IoT buildings, a 20% reduction. Peak emissions were 12,500 kg for IoT buildings versus 15,000 kg for non-IoT (16.67% lower), while off-peak emissions were 6,000 kg versus 7,500 kg respectively (20% lower).

Statistical t-tests confirmed the significance of these differences. For energy consumption, $t = 5.47$, $p < 0.01$, and for CO_2 emissions, $t = 4.82$, $p < 0.01$, indicating that the observed reductions in both energy use and emissions in IoT-enabled buildings are statistically significant.

IoT-enabled buildings demonstrated superior temperature stability and humidity control. Temperature variability in IoT buildings was maintained within ±1°C of the setpoint, compared to ±3°C in non-IoT buildings, representing a 66.67% improvement in temperature stability.

Humidity control also showed marked improvements. IoT-enabled buildings maintained humidity levels primarily within the 40-60% range, considered optimal for comfort and health. In contrast, non-IoT buildings showed a wider and less optimal range of 50-70%.

Statistical analysis confirmed these improvements. A t-test for temperature variability yielded $t = 6.15$, $p < 0.01$, indicating a significant difference in temperature stability between IoT and non-IoT buildings. For humidity levels, $t = 3.89$, $p < 0.05$, confirming that IoT-enabled buildings maintain significantly more stable and optimal humidity levels.

Occupancy detection accuracy was substantially higher in IoT-enabled buildings at 95%, compared to 70% in non-IoT buildings. This improved accuracy allowed for more efficient energy management based on real-time occupancy data.

Energy consumption during occupied periods in IoT buildings was 20,000 kWh, 20% lower than the 25,000 kWh in non-IoT buildings. The difference was even more pronounced during unoccupied periods, with IoT buildings consuming 10,000 kWh compared to 15,000 kWh in non-IoT buildings, a 33.33% reduction.

Correlation analysis revealed a strong positive relationship between occupancy and luminosity in IoT-enabled buildings ($r = 0.85$, $p < 0.01$), indicating that lighting levels were closely aligned with occupancy. In contrast, non-IoT buildings showed a weaker correlation ($r = 0.45$, $p < 0.05$), suggesting less responsive lighting control.

Regression analysis for predicting energy consumption based on occupancy, temperature, and humidity showed that the model for IoT-enabled buildings explained 75% of the variance in energy consumption ($R^2 = 0.75$, $F(3, 96) = 60.84$, $p < 0.01$). Occupancy was the strongest predictor ($\beta = 0.60$, $p < 0.01$), followed by temperature ($\beta = 0.25$, $p < 0.05$) and humidity ($\beta = 0.15$, $p < 0.05$). In comparison, the model for non-IoT buildings explained only 50% of the variance ($R^2 = 0.50$, $F(3, 96) = 32.15$, $p < 0.01$), with occupancy being a weaker predictor ($\beta = 0.40$, $p < 0.01$).

These results demonstrate that IoT-enabled buildings are significantly more effective at adjusting energy usage based on occupancy patterns, leading to substantial energy savings without compromising comfort or functionality.

6 Conclusion

This study demonstrates the significant benefits of IoT integration in building management systems, addressing critical challenges in energy efficiency and environmental sustainability. Our analysis reveals that IoT-enabled buildings achieve a 20% reduction in energy consumption and CO_2 emissions compared to non-IoT counterparts. Furthermore, IoT systems markedly improve temperature stability (±1°C vs ±3°C) and maintain optimal humidity levels (40-60% range), enhancing occupant comfort. The occupancy-dependent analysis highlights IoT's capability to optimize energy usage based on real-time occupancy data, with a 33.33% reduction in energy consumption during unoccupied periods. The strong correlation between occupancy and luminosity ($r = 0.85$, $p < 0.01$) in IoT buildings underscores the effectiveness of smart lighting control systems.

These findings support the adoption of IoT technologies in building management as a promising strategy for sustainable urban development. However, it's important to note that our study focused on specific building types and a limited timeframe.

Furthermore, comprehensive cost-benefit analyses are crucial to evaluate the economic viability of widespread IoT adoption in building management. These studies should consider initial investment costs, long-term energy savings, maintenance requirements, and potential increases in property value. Equally important is the examination of user experiences and occupant adaptability to IoT-enabled environments. Understanding how people interact with and adapt to smart building features will be key to ensuring that these technologies not only improve efficiency but also enhance comfort and productivity. Such user-centered research could inform the design of more intuitive and user-friendly IoT interfaces, potentially increasing acceptance and effective utilization of smart building technologies.

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