

A method of the heat supplying objects monitoring is in applying the intellectual thermally-chronicle sensors-accumulators for the temperatures recording during the time periods accounting a natural ambient air temperature variations. With a help of a computer processing of the information received from the sensors the temperature-on-time sequences are produced, then converted into the frequency spectrum by the fast Fourier transformation, afterward the main harmonics are determined. The effectiveness of the temperature processes in the heat supplying objects they regard with taking into account a correlation factor computed. A method of the buildings heating control is realized by a synchronic system monitoring. The system parameters relating to the system inertial quantity, an adjustment level, an efficiency are determined in advance. The efficiency is determined with a help of a digital parameter, equal to the relations of the integral variations spectrum power to the respective initial and derivative temperature processes.