Share This Article







Categories

All **HVAC Service**

Healthy Humidity

Healthy Home Healthy Air

Radon

Family

Your Air

Newsroom

Blueprints

Search Posts

AireMail: **Delivered**

Get news, tips, and more sent straight to your inbox, and breathe easy.

email

JOIN NEWSLETTER

Service apply.

This site is protected by reCAPTCHA and the Google

Privacy Policy and Terms of

< Back to Blog

The Biggest Humidity Control **Myths Debunked**

2 minute read



Many homeowners like to use unconventional approaches to humidity control. Are you one of them? While these methods may seem to save energy (and, in turn, save money), they are really doing very little to keep your home's humidity at a desirable level—which is keeping it between 40 to 60%. Let's debunk some humidity control myths and set the record straight on the best ways to increase humidity in your home this season.

Breaking Down Humidity Control Myths

Myth #1: Leave the Door Open While Showering Sure, the moisture and steam from a hot shower will combat dry air in the

bathroom and nearby areas for a short period of time (while showering and shortly after), but it's most certainly not a long-term solution. In no time, you'll be back to experiencing dry air and not yet ready to take another steamy shower. Myth #2: Get Houseplants

While houseplants make a great addition to your home's overall aesthetic, they don't actually do anything to purify or humidify your home's air. They do offer

some other great benefits, though! Myth #3: Place a Bowl of Water Near Your Return Vent

radiator will help increase humidity based on the evaporation process. But, much like the shower myth, the moisture will only travel so far for so long.

Some say that placing a bowl in front of your home's heat source or on the

Myth #4: Hang Your Laundry to Dry Hanging your laundry to dry can absolutely save you money and energy since you won't be using your dryer as frequently. But, like these other myths, it's not an effective way to add humidity to your home.

Breathe the Fullness of Life. Don't lose sleep over dry air this

winter.

LEARN MORE

instead? A surefire way to increase your home's humidity: Invest in an AprilAire humidifier. An AprilAire whole-home humidifier not only combats dry air in your home but can help reduce annoyances that linger in your air, like dust mites, allergens, asthma symptoms, odors, and more. In the wintertime, it's especially important to maintain your home's humidity

(between 40-60%) to prevent the spread of bacteria and viruses. An added

So, without relying on these crazy methods to control humidity, what can we do

bonus: Increasing the humidity in your home can make you feel more comfortable and save you money and energy. How? Moist air feels warmer and maintains heat better than dry air, so your home feels warmer without the extra strain on your heating system. How else can humidity control positively impact your overall wellness? It prevents static shock, promotes better sleep, and keeps wood preserved, so you don't have to stress over potential damages impacting your home. Healthy Humidity plays a key role in overall wellness. And with the AprilAire

purification solutions), we can help keep you and your family happy, healthy, and comfortable in your home for years to come. Ready to get started and toss those unconventional humidity control methods to the side? Find a Healthy Air Professional in your area and learn more about

Healthy Air System® (made up of humidity control, fresh air ventilation, and air

Professional Start your Healthy Air journey with one of the 4,500 pros nationwide so you can fill your home with fresh, clean air.

Healthy Air

Find an AprilAire

FIND A PRO zip code

solutions that are right for your Healthy Home.

< Back to Blog

nationwide who are ready to help you find the best Healthy Air solutions for your home, no matter what your needs may be. Start your journey with

Find a Pro

AprilAire. Custom Evaluations and Expert Advice Professional Installations and Maintenance • Fast and Friendly Local Service

Establish a Healthy Home with AprilAire Healthy Air

Professionals that care. We have over 4,500 pros

GET STARTED

Zip Code

Select One

Type of Service

AprilAire

About Us Your Air Blog Support

Systems and Services

Shop

Contact Us Owner Manuals Warranty Registration Careers

AireMail: Delivered

Sign up for our Healthy Air newsletter to make sure you always get the latest Healthy Air solutions and innovations from AprilAire.

This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply.

email

Accept All

JOIN NEWSLETTER

Research Products | Privacy | Legal | Accessibility | Sitemap | Consent

traffic. By clicking "Accept All", you consent to our use of cookies.

We use cookies to enhance your browsing experience, serve personalized ads or content, and analyze our

Reject All

Customize

We value your privacy