

How to Make Your Home More Comfortable

1. Maintain your heating and cooling system

The best way to keep your equipment running at peak performance is to have a licensed HVAC professional do annual tuneups. It's also important to clean or change air filters once a month.

2. Divide your home into zones

Zoning divides your home into separate comfort areas, which are heated or cooled based on your needs. It allows you to change temperature in one area without affecting other areas.

3. Manage moisture levels

In winter months, a humidifier attached to your furnace or air handler can provide relief from dry air. During the summer season, a dehumidifier helps keep the air from becoming too sticky or damp.

4. Fix air leaks

Sealing leaks around your home help you get the full performance out of insulation. The biggest gaps are usually found in the attic and basement.

5. Take steps to control allergy triggers

Dust mites are one of the most common triggers of allergy and asthma symptoms.* Cleaning surfaces and regularly washing linens can go a long way toward controlling these irritants. Another option is to filter them out of your home with an air cleaner.

6. Reduce toxic chemicals

Everyday household products—including many cleaning products—can fill the air with toxic chemicals. You can create a healthier home by using chemical-containing products only when absolutely necessary. As an extra measure of protection, consider the Healthy Climate PureAir™ air purification system, which safely removes and destroys chemical vapors and odors in every room.

7. Consider the safety of children and your parents

The design of your home and arrangement of furnishings inside can have a major impact on safety and comfort of children and older adults. Look around your home for potential hazards, like loose electrical cords and scatter rugs. Also, turn the water heater temperature down to the 120°F or low setting.

*Source: American Lung Association, 2005

