

Excessive Indoor Humidity: The Secret Cause Of Mold, Allergy Suffering and Discomfort

How To Protect Your Family's Health And Achieve The Ultimate In Summertime Indoor Comfort

Have you ever awakened in the middle of the night sweating in your air conditioned house? Do you then have to keep lowering the thermostat setting to colder and colder temperatures in order to be comfortable?

Did you buy a new high efficiency air conditioner, but didn't save what you expected to on your electric bills? Or, have you found that the new system doesn't keep you as comfortable as the old one did?

Do any family members suffer from allergies or asthma? Or do you ever smell moldy or musty odors when you come in from outside? Have you noticed mold growing anywhere in your house, for instance on the AC vents?

If you suffer from any of these problems, your home may be afflicted with a widespread, invisible, and until recently poorly understood problem: **excessive indoor humidity**. It is a growing problem, and surprisingly, is being worsened by the use of new higher efficiency air conditioning systems.

Information is the key to knowing how to determine if your home has this problem, and how to solve it, or prevent it when investing in a new cooling system. This report will teach you what you should know **before** talking to contractors, and it will let you in on some little known facts about air conditioning. Unfortunately, even most contractors are not aware of this important new knowledge.

New Air Conditioners Can Contribute To Mold Growth In Homes

The Comfort Institute in Washington is warning that some new high efficiency air conditioners can contribute to unhealthy mold growth in homes.

"The new units do often cut cooling bills by 30% to 50%," says researcher Brendan Reid. "However, there's often a hidden cost to health and comfort. Many new air conditioners simply don't remove the humidity the old ones did. It is possible to save energy and remove humidity at the same time, but usually not by simply swapping out the equipment."

Controlling indoor moisture and humidity is the key to controlling mold. The American Lung Association, the

American Medical Association, the Environmental Protection Agency, the Centers For Disease Control and many other authorities recommend keeping the relative humidity level in your home between 30% and 50% year round. Higher levels encourage allergy causing dust mites, mold growth and musty odors. High levels of indoor mold can cause serious health problems, including allergic reactions, toxic reactions, asthma episodes, infections and respiratory damage.

There's Much More To Comfort Than Air Temperature

According to Reid, *comfort* also suffers when an air conditioner can't control indoor humidity. "Many people find that they aren't comfortable at various times of the day or cooling season, and don't know why," says Reid. "For example, they might wake up early in the morning covered with sweat. What's happening is their air conditioner is controlling temperature, but the indoor humidity is bouncing up and down, typically from 45% to 75%."

"There's a lot more to being comfortable than just air temperature. When indoor humidity levels are too high, our skin can't evaporate moisture as well." The Comfort Institute has recorded unhealthy relative humidity levels in excess of 80% in some homes with new air conditioning systems.

"Save 50% On Your Utility Bills!" Truth or Fiction?

Many homeowners who have invested in new high efficiency heating and cooling equipment **didn't get the comfort and energy efficiency they paid for**. There are many reasons why. A key one is that many homeowners find they have to change their preferred thermostat settings after putting in a new system.

If faced with a cool but clammy house, many people try to achieve comfort by further lowering the thermostat, so that their air conditioner runs longer. "This can help, but it's no fun to have to be constantly playing with the thermostat to compensate," points out Reid. "Another big problem is that the colder you try to keep the house, the more the air