



HEALTHY HUMIDITY™

# Optimal Relative Humidity Range

For Human Health

## Healthy Humidity Plays a Key Role in Wellness

No matter when or where, you ideally want your indoor humidity set between 30-50% all year long.

By improving the air you breathe, you could benefit from greater overall health, less stress, better sleep and a happier family.



Source: ASHRAE, American Society of Heating, Refrigeration and Air-Conditioning Engineers. A decrease in the bar height indicates a decrease in effect.



**Aprilaire whole-home humidifiers have the capacity to humidify your entire home**

- Optimal humidity between 30-50% can minimize the formation of viruses and bacteria

Steam



RECOMMENDED SOLUTION

Power



RECOMMENDED SOLUTION

Bypass



RECOMMENDED SOLUTION



**Aprilaire dehumidifiers automatically start dehumidification when humidity is above desired target**

- Helps prevent mold, termites, structural wood rot and odors

70pts



RECOMMENDED SOLUTION

95pts



RECOMMENDED SOLUTION

130pts



RECOMMENDED SOLUTION