

Fluctuating temperatures could be due to the following:

- poor insulation
- ductwork issues
- HVAC equipment issues
- inadequate insulation

Steps to resolve the issue:

- check for proper placement of your thermostat
- schedule a maintenance for your system
- add insulation
- weatherize your home

The temperature in your home should fall in the range of 68° - 75°



Benefits of a Programmable Thermostat:

- Saves Money
- Keeps Consistent Temperature
- Increases Your Home's Efficiency

Relative Humidity should be near **50%**



LOW Humidity Level

Less than 25% RH

Humidity level is low relative to the temperature creating a dry environment



OK Humidity Level

Between 25%-55% RH

Humidity level is OK relative to the temperature which makes for a comfortable environment.



HIGH Humidity Level

Over 55% RH

Humidity level is high relative to the temperature which makes for a humid environment.

TOO Dry =

- Feels colder
- Wood shrinks and cracks
- Nosebleeds
- Skin irritation
- Irritated respiratory passages
- Excessive static electricity

GOOD LEVEL
25% - 55%

TOO Moist =

- Increases biological pollutants like mold, bacteria, viruses, fungi, and dust mites
- Defeats perspiration
- Can lead to condensation within walls and windows leading to mold growth

Recommended Action:

Install a Humidifier



Recommended Action:

Install a Dehumidifier



Why Maintaining Relative Humidity Is Important



ART COLLECTORS

Over time, fluctuations in humidity and temperature can damage artwork. Paint can crack, peel, and separate. Paper may mold, fade and tear. Antique veneers separate and warp. Textile arts and fine papers are particularly sensitive to humidity.



IN YOUR HOME

Wood flooring, cabinets, and furniture can dry out and warp with too little humidity.



MUSICIANS

All varieties of wood expand and contract with changes in relative humidity. This can create internal stresses in instruments that cause glue joints to fail or the wood to crack.



PHOTOGRAPHY COLLECTORS

Humidity can lead to discoloration, fading, silvering, as well as mold growth and insect infestations.



BASEMENTS

Too much persistent humidity can lead to mold and mildew that can permanently damage your home.



ALLERGIES

Too much humidity can increase common allergens such as mold, bacteria, viruses, fungi, and dust mites.