**What are the Benefits to Installing a Furnace Humidifier**

Ever think about your home’s humidity level? Many don’t, but there are some good reasons to take it into consideration, such as your family’s health and cost savings.

We are all familiar with the Pacific Northwest’s rainy season (okay, rainy seasons); however, there’s more to humidity than damp or muggy weather. When people think of air moisture, they may think about how humidity makes the air feel hot, sticky, and unpleasant. Too much humidity is uncomfortable, but so is too little humidity. Maintaining the right balance positively affects the comfort level of your home and the wellbeing of your family.

AAA Heating and Cooling recommends the use of a furnace humidifier to save money and to stay cozy.  The benefits of furnace humidifiers include improving both your family’s [comfort and health](https://www.aaaheatingandcoolinginc.com/indoor-air-quality/) due to increased moisture in the air when temperatures drop.

Humidity Can Save You Money

Proper relative humidity helps you save on energy costs. Warm, humid summer air feels warmer than it actually is because of the moisture it contains. That same principle applies to your home in the winter. By keeping the relative humidity inside your home at an ideal level, you can [turn your thermostat down](https://www.aaaheatingandcoolinginc.com/residential/controls/residential-thermostat-tips-resources/) a few degrees and still feel comfortable. Dialing down your thermostat just three degrees can reduce your heating bill by as much as five percent.



Save Money on Home Maintenance

Wood contains moisture, and loss of moisture can result in [damages to wood floors](https://www.intouch-quality.com/blog/wood-warping-and-how-to-prevent-it), including warping, mold growth insubflooring, and more. Dry air can have adverse effects on everything in your home made from wood, such as furniture and door and window frames, which can shrink and crack. Maintaining humidity can help [preserve a home’s interior](https://www.aaaheatingandcoolinginc.com/furnace-humidifier-actually-works-one/) as well as its resale value.

Proper Humidity Levels Benefit Health

Cold weather dries skin out because there’s less moisture in the air. Dry skin doesn’t allow the body to maintain proper hydration. Proper hydration is the  first line of [defense for the immune system](https://www.medicalnewstoday.com/articles/290814.php). Adequate moisture enables the body’s immune system to effectively defend against respiratory pollutants and irritants.

Dehydration is a common issue for a lot of people, as remembering to drink adequate water throughout the day can be an easy oversight in our busy and fast-paced lives. In fact, approximately [75 percent](https://dripdrop.com/blogs/news/6-dehydration-facts-may-surprise) of Americans are chronically dehydrated. Dry skin is both a symptom of, and a contributor to, dehydration. Humidity and dehydration can dramatically affect people’s health and daily lives, as it can cause fatigue, headaches, and discomfort. What’s more? Risks of dehydration [increase in winter months](https://www.performancehealthcenter.com/your-risk-of-dehydration-increases-in-winter/).

Installing a furnace humidifier will provide optimal humidification throughout your entire house. Whole house humidifiers work with the home furnace to efficiently distribute moisture to all living areas. Comparatively, portable humidifiers are only[effective in smaller areas.](https://www.thespruce.com/home-humidifier-types-4072878) Humidifiers installed with the home furnace use little energy and require minimal maintenance, making them a more user-friendly option.
Maintain the relative humidity in your home or office at comfortable levels by contacting [AAA Heating and Cooling](https://www.aaaheatingandcoolinginc.com/residential/furnaces/).

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