

How To Drastically Reduce Heating Costs and Purify Indoor Air In Your Self-Drafting house

There's two reasons why good ventilation is so important and both of them are equally valuable.

First of all, a good ventilated house keeps you and your family healthy. Microparticles and mold will not be an issue.

Secondly, you can save large amounts of heat and don't have to invest large portions of your salary on energy bills each month.

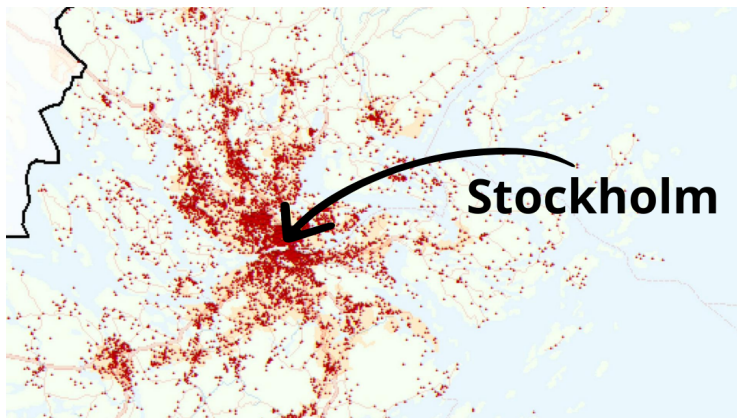
So how can you improve indoor air quality?

How Can You Cut Heating Costs?

Let's tackle that first question:

How Can You Improve Indoor Air Quality?

Stockholm's air quality has worsened, and people are experiencing serious issues due to the city's pollution.



Yeah, I know, it looks like a dirty tablecloth, but it's actually alarming.

The air you breathe in your home should be healthy, not filled with dust and allergens.

This makes it easier to focus, better, and reduces your risk of lung disease.

But what can you actually do to improve it?

Some tips on that:

Improve Indoor Air Quality

1) **Clean Regularly**

Dust is easy to breathe in because it collects on surfaces. Regular cleaning especially in places like the kitchen will help you with this.

But don't forget to check those cleaning products:

2) **Look For The Swan**

Sure, that lemon-scented cleaner might make your home smell fresh, but it can also release pollutants into the air. Choose Swan-labeled and allergy-friendly products to keep both your home and the environment cleaner.

3) **Let Fresh Air In (Smartly!)**

Opening your windows is great. Air out your home between 12:00 and 16:00 when pollen and traffic pollutants are at their lowest.

4) **Fix Your Kitchen Fan**

If your home feels stuffy, it's maybe because your kitchen fan is clogged. Clean the filter by soaking it in soapy hot water, scrub, and let it dry before reinstalling. No more kitchen smelling like last night's dinner.

So now that your air is fresher, if you would like to know about our ventilation system that can remove up to 69.8% of microparticles from your indoor air, [click here](#).

Now, onto something even more exciting and the second question:

How Can You Cut Heating Costs?

Old houses, with all their charm, often lose heat through cracks and gaps. So how do you keep the warmth in, without losing your budget?

1) **Improve Insulation**

Sealing windows and doors helps, but with self-draft ventilation homes, you need to make sure that the airflow is still good. Otherwise, other problems will appear.

2) **Beware of Energy Hogs**

Space heaters, electric towel warmers are cozy but can seriously spike your energy use. Limit their usage when they're not needed, only use them for those special occasions.

3) **Maintain a Steady Temperature**

Constantly cranking the heat on and off isn't efficient. Keeping your thermostat consistent helps reduce energy waste.

4) **Solar Panels**

Solar panels are a fantastic investment, but not every home is perfectly positioned for

sunlight. Plus, winter and nighttime in Sweden make them less reliable. But they are still a good way to supplement energy savings.

Which brings us to this question: How do you really maximize energy savings?

Maybe you don't know this, but your home loses heat through unseen places, like your chimney and ductwork.

If you seal your chimney and add our heat exchangers, you can recycle up to 46.3% of your heating costs.

[Learn More About Maximizing Your Energy Savings Here](#)

What Should You Do Now?

Ventilation has countless benefits. It's used in nearly every home in Sweden to lower energy costs and improve air quality. By following the tips in this guide, you're already on your way to breathing healthier air and saving more on your heating.

If you want to know how we can help you purify your indoor air and reduce your energy costs, each out to us today.

If we're a good fit, we'll send one of our expert inspectors to take a look at your current system.

We can sit down, have a coffee, and come up with the best solution for your building.

Sounds good? Just fill out this quick form: [\[VENTILATION CONSULTATION\]](#)