

Good indoor air quality is a gift that keeps on giving. You breathe easier, sleep better, and enjoy lower utility bills.

With good indoor air quality, you're also less likely to suffer from headaches, allergies, and other health issues brought on by pollutants, dust, and debris.

Since indoor air quality is strongly connected to a person's health and well-being, it makes a difference to understand the factors affecting the quality of air circulating through your home.

Factors Affecting Indoor Air Quality

1. Dust

Dust may trigger allergy symptoms or asthma attacks. When you don't dust often, dead skin cells, pollen, hair, dirt particles can accumulate and negatively impact your indoor air quality.

It's equally important to run your HVAC unit with clean air filters, too. With clogged air filters, airflow is reduced so your system can't efficiently filter dust from the air. It traps dirt and debris that eventually circulate through your home.

Higher quality filters remove more allergen particles, as long as you replace them regularly. It's recommended to change the air filters monthly, especially if you have pets living at home.

2. Pets

Pets shed fur and dander, causing allergic reactions that impact your breathing and health. They also cause unpleasant odors. Changing the air filters once a month can help you enjoy the company of your pets without sacrificing good indoor air quality.

3. Humidity Levels

The ideal humidity for indoor spaces is 40% to 50%. When humidity levels rise above 50%, it unfortunately compromises indoor air quality.

Your home allows dust mites, allergens, and bacteria to thrive when the air becomes heavy with moisture.

A dehumidifier can efficiently reduce the humidity levels in your home. You may also take a look at how your home is built and designed, if it has leaks or cracks that require fixing, or how airtight it is. The surrounding climate and temperature directly impact your home's humidity levels, too.

4. Poor ventilation

Aside from high humidity levels, poor ventilation can also increase the pollutants in the air.

Inadequate ventilation won't bring enough outdoor air to dilute and displace indoor pollutants. It may result in carbon dioxide buildup, yet little oxygen, so you may suffer from headaches and fatigue, or shortness of breath.

The importance of proper ventilation can't be stressed enough, since it keeps the air fresh and clean indoors.

Improve Indoor Air Quality with Your HVAC Unit

With your HVAC unit, you can [alleviate allergies](#) and improve indoor air quality. And the more efficient your unit is, the more allergens it can clear from your indoor air.

Avoid triggering allergies or making symptoms worse by scheduling HVAC maintenance at least once a year. Our experienced technicians will thoroughly inspect and clean your unit, and keep an eye on potential issues before they occur.

Since 2014, we've helped thousands of homeowners like you, and we're great at what we do.

For all your HVAC maintenance needs, book an appointment through the Good Guys Home Services Mobile app or fill out our online form for faster service.