

Opening the window won't help

Especially in winter, many people attempt to humidify the air by opening windows, but this instinct is wrong!

Because cold outside air cannot hold much moisture, opening windows makes the room air even dryer, intensifying the problem. Opening the window ensures a fresh supply of oxygen in the room. This is particularly important in winter. However, while the air streaming into the room in winter may be very fresh, it contains insufficient moisture to humidify warm room air. If moisture is not added to the air artificially, it will try to quench its thirst by taking the moisture from our skin, mucous membranes, plants, wooden furniture, etc. To maintain an acceptable level of air humidity during the cold season, we need to use a suitable air humidifier.

Temperature

Outside air	4°C	1°C	-2°C	-7°C
Indoor air	22°C	22°C	22°C	22°C



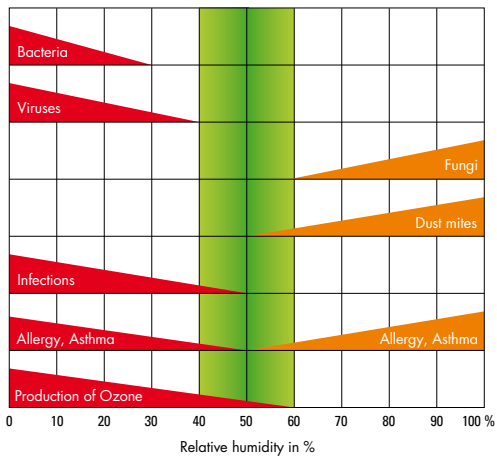
Outside	78%	82%	71%	68%
Indoors	38%	33%	28%	20%

Relative humidity

More Information: www.boneco.com

Optimal hygiene for room air

Medical experts recommend a relative air humidity between 40 and 60 percent. At these levels our senses tell us the air in the room is ideally humidified. This humidity level also is ideal for our health, for the animals and plants in the room, for furniture, musical instruments and much more.



Benefits of Humidification

Proper humidification ...

... reduces discomfort, tiredness, sickness.

Breathing dry air makes the uptake of oxygen and its subsequent transfer to the blood system more difficult. Fatigue, tiredness, headache and reduced concentration levels are symptoms of a reduced oxygen supply.



... reduces susceptibility to colds.

The self-cleansing function of the windpipe is affected by dry air. The consequences: increased susceptibility to infections and respiratory tract complaints.



... reduces chapped lips, dry, red eyes and dry, itchy skin.

As much as 60% of the human body is composed of water. When the air around you is dry it will draw moisture from any available source, including human cells, membranes and even your skin and lips.



... can help you recover sooner from a cold.

Everyone knows there is no cure for the common cold ... yet. However, proper air humidification can alleviate dry air passages and nasal membranes, which allows you to rest better. Plenty of rest enables the body to recover sooner.



... reduces damage to wooden objects.

Furniture and other wooden objects have a dull surface in dry room air. They dry out and eventually cracks will appear.



... reduces levels of dust.

Humidity binds dust. Dry room air causes dust to rise, a condition made worse by the thermal currents created by the furnace.



... reduces the negative effect of the home environment on musical instruments.

Low moisture content in room air will cause musical instruments to go out of tune.



... reduces static electricity charge.

Moisture in the air prevents the build up of static electricity. In the summer air is more humid and static electricity does not build up as much as in the winter, when air is dryer. Static electricity, even small amounts, can be annoying when it charges clothing.



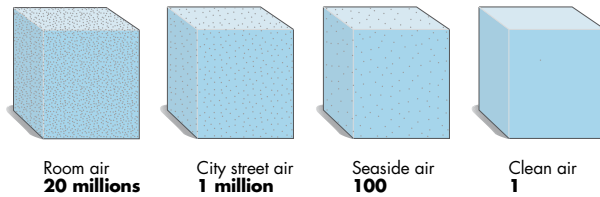
Improving your quality of life

Dry, impure air is harmful to your health

We spend 90% of our time indoors where there are up to 20 million particles in 10 cubic meter of room air.

The consequences dry or impure air has on our health can be severe. The U.S. Environmental Protection Agency classifies indoor air pollution as one of the five most dangerous environmental threats to our health. Air purification and humidification must play a key role in our efforts to obtain the optimum room climate for the protection of our health.

Particles per 10 cubic meter of air:



More Information: www.airoswiss.com

Air is the basic essential of life!

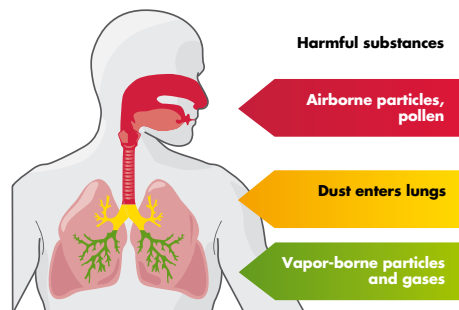
We draw 12,000 liters of air into our lungs. We breathe in and out 20,000 times each day, yet we don't spend much time in the fresh forest air. On the contrary, we spend 90% of our time indoors. While we pay attention to our health when considering our diet most of us are indifferent to the quality of the air that we breathe.

Potential consequences of impure air

The air which we breathe is full of harmful substances, and conditions worsen every day. House dust, mites, pollen, animal dander, tobacco smoke and other impurities encourage allergic reactions and respiratory diseases. Dry air increases the number of particles that circulate around the home. Therefore, properly humidified air prevents particles from travelling around the home.

Potential consequences of poorly humidified air: Headache, dizziness, irritated nasal passage, nausea, tightened respiratory track, allergies, asthma, lung damage, skin irritation.

Main areas of deposits and absorption:



Proper air humidity means more quality of life



Proper humidification helps your baby to feel and sleep better.

Dry air causes discomfort in even the smallest of humans. Properly humidified air reduces the amount of dust in the air and the drying of air passages, which could impact breathing and sleep.



Keep your voice tuned

Proper humidification helps keep the throat and nasal passage clear, and prevents respiratory ailments, which can harm the human voice. It is widely reported that some professional singers keep several (as many as 100) humidifiers in their home.



Humidity – A Friend of Allergy Sufferers

Hay fever is exhausting. Pollen and other allergens flying about provoke constant itching, sneezing and scratching, which weaken the body and greatly reduce our ability to concentrate. Water, or more precisely, humidity binds the loose particles like pollen and allows them to sink to the ground, thus reducing allergic reactions.



Dry air promotes the spread of the flu virus.

Possible explanation for the occurrence of influenza waves in winter! Air with a lower moisture content can apparently allow the influenza virus to survive for longer and hence spread more strongly by air. This was the result of an American study*.



Preventive measures can delay or avert the onset of an allergy!

Around 50% of children have an increased hereditary risk of developing an allergy. Proper humidification can reduce tobacco smoke, animal hair, dust mites, spores and pollen.



Today every third absence from the workplace is based on diseases of the respiratory tract.

Dry air causes the membranes in your respiratory system to dry out which increases the susceptibility to infections. Furthermore, dry air can also be responsible for chapped lips, stinging eyes, weariness and poor concentration.

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ADVANCED AIR TREATMENT SYSTEMS

Improving your quality of life

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