

A Practical Guide

FOR CONTROLLING
HUMIDITY LEVELS AT HOME

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Abstract

In Brisbane, humidity levels often range between 60% to 70%, particularly during the summer months. This high humidity can leave you feeling sticky and uncomfortable, making it difficult to relax at home. The muggy air can cause sweat to linger on your skin, which may lead to irritation and frustration. Additionally, excess moisture in the air can affect indoor comfort, contributing to issues like dampness, mould, and mildew. Managing these conditions is essential to maintain a healthy and comfortable living environment, especially during Brisbane's warm, humid summers.

1. Introduction

Living in Brisbane and struggling to manage the humidity in your home? You're in the right place! This newly released PDF is designed just for you, offering a practical guide on how to control indoor humidity levels effectively. With Brisbane's high humidity, especially during summer, keeping your home comfortable can be challenging. This guide provides useful tips and strategies to help you create a fresher, healthier indoor environment. Whether you're looking to reduce moisture, prevent mould, or improve air quality, this comprehensive guide will help you maintain the perfect balance in your home.

2. What Happens to Your Home in the Humidity? 6 Major Issues You Should Watch For

Not only is high humidity uncomfortable for you, it can actually cause serious damage to your home in Brisbane. Especially in the dog days of summer and long bouts of rainfall, humidity levels have been rising at an alarming level.

Read on to see what humidity does to your home and how you can combat it swiftly!

Mold growth

When your home gets damp due to humidity, unfortunately, mold can grow rampant. Mold can grow in and penetrate walls but can also grow on soft surfaces like pillows or rugs in areas with poor ventilation.

Mold can cause health problems like asthma or allergies, so it's important to tackle this problem right away.

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Peeling Wallpaper and Paint

When humidity isn't controlled, it creates a breeding ground anywhere where there is excess condensation. This can cause your wallpaper and paint to start curling or peeling away.

Covering it up won't fix the problem, so a fresh coat of paint or a new layer of wallpaper won't cut it when it comes to humidity.



Rotting Furniture and Decor

Another unfortunate sign that your home has high levels of humidity is decaying furniture, especially wood. It can even cause damage to your floorboards (especially if they are wooden), and window frames too.

Structural Damage

High humidity can absolutely damage structural damage within your home like your walls, drywall, and yes, even concrete.

Surprisingly, humidity can also damage metal components like your support beams.

Causing Structural Beams and Studs to Contract

Humidity makes your home's structural beams to swell and contract. This leads to walls cracking and causing even more moisture to seep into your house.

Sagging Floors

Yes, sagging floors are another sign your house is way too humid. Especially if your floors are wooden, they can sag as well as crack, which isn't exactly safe for you or your family.

How to Help Your Home Become Less Humid

First, dehumidifiers do exactly as what their name says. These machines are very effective at decreasing humidity levels in your home. They are particularly useful in places where your home collects more moisture, so your basement and bathrooms.

Secondly, using exhaust fans while you're using a lot of water (think: bathing and cooking) can decrease the amount of humidity in your home.

While this tip may seem almost too simple, it's quite effective and doesn't cost anything. Opening windows can swiftly decrease humidity. The fresh air will help absorb any excess moisture.

It's easy to use too much water in excess, so it's best to limit this as much as possible. As much as it's an annoyance it's important to try to take shorter showers (and cooler ones too).

Lastly, you can install indoor air quality monitors to alert you if there's anything to be concerned about in your home. These monitors have humidity sensors that will give you peace of mind right away.

3. What's the Recommended Humidity Level for a House?

Humidity levels that are too high or low can be detrimental to your health and home. Here's the optimal indoor humidity, according to experts.

Humidity refers to the amount of moisture or water in the air. Indoor humidity fluctuates depending on the room, activities, and the season. For example, humidity tends to be lower during dry winters because cold air carries less moisture. Maintaining the appropriate indoor humidity is beneficial for both your health and the structural integrity of your home. It can also improve sleep quality and your overall comfort. Learn from experts how to measure humidity, detect signs of low and high indoor humidity, and maintain the ideal humidity level in the house.

Measuring the Humidity Levels in Your House

According to the Environmental Protection Agency, the optimal indoor humidity is 30% to 50%¹. Other studies suggest 40% to 60% as the optimal range. However, exceeding 60% can lead to issues such as mold growth and respiratory problems.

A hygrometer is the most reliable way to measure indoor humidity. This simple device accurately measures the amount of water vapor in the air. The number the hygrometer displays is the relative humidity—the percentage of vapor in the air compared to the air's maximum capacity. Analog and digital hygrometers are readily available at local home improvement stores or online retailers. Place a hygrometer in different areas of your home to monitor humidity levels and make necessary adjustments to maintain optimal indoor air quality.

Signs Your Home's Humidity Is High

Excessive allergies and asthma, as well as mold and dust mites, can be signs that the humidity level inside your home is too high. Also, if you notice condensation on windows or walls, the indoor humidity is likely too high.

“The ideal indoor humidity level for comfort and health is between 30% and 50%. Within this range, the air is comfortable for most people and minimizes the risk of mold growth and other humidity-related problems,” says Josh Mitchell, HVAC technician and owner of AirConditionerLab. “High humidity can promote mold growth, cause discomfort, and even damage your home’s structure and contents.”

Signs Your Home's Humidity Is Low

Signs of low indoor humidity are equally uncomfortable. “For homes with low humidity, homeowners often experience dry noses and are at a higher risk of getting sick more often. In their homes, wood

will crack more easily and they may experience a lot of static,” says Kevin Eddingfield, a top Thumbtack Pro Advisor.



Suboptimal humidity levels in your home could be causing frequent colds, nosebleeds, and poor sleep hygiene. “Low humidity can cause dry skin, irritate respiratory tracts, and lead to static electricity. Dealing with homes and businesses across Brisbane, I’ve witnessed how extremes in humidity can also cause wood to warp, paint to peel, and energy costs to increase due to the HVAC system overworking,” says Jake Herman, founder of Spray Foam Insulation Brisbane.

Maintaining Home Humidity Levels

Use humidifiers and dehumidifiers with a humidistat that controls humidity levels in your home to maintain a healthy level. “Based on the readings from your hygrometer, use humidifiers to add moisture to the air if it’s dry or dehumidifiers to remove moisture if it’s too humid,” Mitchell advises.

A humidistat controls the humidity levels, while a hygrometer measures and monitors humidity levels. When the humidity level deviates from the set point, the humidistat triggers the humidifier or dehumidifier to activate or deactivate accordingly. Herman says that simple changes, such as using a dehumidifier during humid months or a humidifier in dry conditions, can make a significant difference.

Use exhaust fans in areas like kitchens and bathrooms. Install proper insulation to help maintain optimal humidity levels in an energy-efficient way. “Ensure your air conditioning unit is properly serviced, as it naturally removes moisture from the air as part of the cooling process,” Mitchell says.

More Home Humidity Solutions

By understanding what causes the humidity imbalance in your home, you can recognize signs of both low and high indoor humidity and implement steps to mitigate the problem. Sometimes, buying a humidifier or dehumidifier doesn’t solve the problem for various reasons.

People don't always buy the correct-sized humidifier or dehumidifier for their space.

For signs of low or high humidity in only one room, opening windows or installing a vent could do the trick. However, if the humidity levels are off throughout your home, you might need a whole-house humidifier or a fix to your entire HVAC system.

Blocked or poorly maintained ductwork in an HVAC unit can affect humidity levels. Ensure proper maintenance and prompt replacement of these major home systems to avoid the problem growing worse over time.

4. Ways To Lower Humidity In The House

Humidity in the home can create a sticky situation, particularly in the summertime, when your abode should serve as a place to cool off after long days in the sun. Here's how to reduce the humidity in your home.

1. Turn Up the AC

Your air conditioner will naturally decrease the humidity in your home by removing warm air and introducing cool air. Make sure you change the AC filter frequently in order to maximize the airflow.

2. Use a Ventilation Fan

When you're cooking, showering or doing any other activity that introduces heat into your home, be sure to use your exhaust or ventilation fans in order to increase airflow and decrease humidity. If you don't have exhaust or ventilation fans, consider having them installed in the more humidity-prone parts of your house.

3. Get a Dehumidifier

A dehumidifier is designed to fit inside your furnace air handler and to remove moisture from air as it passes through. This handy tool will help keep your home dry and cool.

4. Cool Your Jets

Hot showers, while relaxing, can introduce a lot of humidity into an environment. Colder showers will decrease the amount of steam in the air and thus, humidity levels overall. Plus, they're ultra-refreshing during the dog days of summer.

5. Fix Your Leaks

Leaky pipes and faucets add moisture to an environment, contributing to the humidity as a whole. Be sure to repair any leaks or drips in your home, and consider wrapping any exposed pipes in insulators in order to discourage condensation from forming. Not sure if you've got leaks? Irregular water bills, stained drywall and wet spots are all telltale signs.

6. Get Your Mind in the Gutter

Gutters can cause humidity, particularly if the downspout is facing the direction of your home and creating indoor water leaks. Be sure to clean your gutters regularly, and check that your downspout is turned away from your home and extended at least six feet.



7. Get a Clothesline

Rather than dry your laundry that cannot be put in the dryer indoors, try drying it outside. Particularly in warm months, wet clothes add humidity to the air that can result in unpleasant living conditions. Use a clothesline or an outdoor drying rack.

8. Move Your Plants

Houseplants release moisture into the air, so if you have a lot of them, they could be contributing to the humidity of your home. Try moving them outside, at least temporarily.

9. Use Charcoal

You might have charcoal briquettes lying around for barbecuing purposes, but they can also help to dehumidify your home. Charcoal will suck the moisture out of the air and absorb it. Simply place a few briquettes in a container like a basket or a can and replace them every couple of months.

10. Open the Windows

Even if it's humid outside, opening the windows can help dehumidify your home since moving air will discourage moisture-filled air from settling in your home. Open windows can be especially helpful in dehumidifying moisture-prone areas like your kitchen and bathrooms.

11. Smell Your Rugs

Rugs can absorb a lot of moisture, and if yours smell like mold, mildew or fungus, that's a pretty sure sign that there are moisture issues going on. If your rugs seem to be holding moisture, have them cleaned or toss 'em all together.

12. Use Rock Salt

You can make your own dehumidifier using rock salt, also known as halite. It's readily available online and at your local home goods store, and it can be a handy tool for absorbing moisture.

13. Use Baking Soda

Baking soda is also pretty effective at eliminating moisture. Place bowls of the stuff in any areas of your house where humidity is high. Baking soda works best in smaller rooms, so use charcoal or rock salt if you're working with a larger area.

14. Try Cat Litter

Similar to baking soda, silica-based cat litter absorbs plenty of moisture from the air. It makes sense when you think about it, as cat litter is designed to absorb, well, liquids.

15. Install a Vapor Barrier

If you have a crawl space, moisture from the soil might be entering your home, increasing the humidity level at large. You can install a vapor barrier over the soil to prevent humidity from entering your living space.

16. Cover Your Pots

When possible, use a pot lid to cover your pots when cooking. This will prevent vapor from entering the air in your home.

17. Leave Interior Doors Open

If your family's okay with sacrificing a bit of privacy, try keeping the interior doors in your house open to encourage better air circulation.

18. Get a Humidity Monitor

Available online or at your local home goods store, a humidity monitor will allow you to check the moisture levels of the air in your home so that you have a better sense of what you're dealing with.

19. Try Weatherstripping

When you weatherstrip around your windows and doors, you create an airtight seal that prevents humidity from outside seeping into your home. You can buy a weatherstripping kit, or just adhesive-backed foam, online or at your local home goods store.

20. Get Rid of Carpets

Carpet is notorious for retaining tons of moisture, so if possible, eliminate carpeting from your home.

Signs to Look For While Identifying High Indoor Humidity

High indoor humidity can be a major cause of discomfort and damage. While there are various signs of high indoor humidity, three are most common: condensation, mold growth and unusual odors. By being aware of these signals, individuals can take proactive measures to manage humidity levels, ensuring a home or building remains conducive to both physical well-being and the longevity of its structural components.

Condensation

Condensation can be a sign that you have high indoor humidity and occurs when warm, moisture-laden air comes into contact with cooler surfaces, causing water vapor to transform into liquid water. You can identify condensation by droplets on windows, mirrors or other surfaces.



Condensation may lead to more significant issues over time. Persistent condensation may contribute to mold growth and damage to affected surfaces. Recognizing and addressing condensation is crucial in maintaining a comfortable indoor environment.

Mold

If you're worried about mold in your home, you should know that high indoor humidity provides an ideal environment for mold growth. Mold thrives in damp conditions and can appear on walls, ceilings and other surfaces. Look out for discolored patches, fuzzy growth or a musty odor, as these are common signs of mold. Addressing the source of the unwanted moisture is crucial to preventing and eliminating mold issues.

Odors

When the air is too humid, it can lead to musty or stale odors. These odors are often the result of mold and mildew growth. If you notice unpleasant smells in your indoor environment, it could indicate high humidity levels. Identifying and addressing where the moisture comes from can help eliminate these odors.

When to Call a Professional

High humidity in your home can be an uncomfortable and unhealthy situation. There are many DIY methods for managing indoor moisture levels, but there are also certain situations that may require the expertise of a professional. Whether you're dealing with persistent humidity issues, mold growth,

structural damage or HVAC malfunctions, understanding when to seek help from a professional is crucial in ensuring effective and lasting solutions for a well-balanced indoor climate.

Persistent high humidity: If you're having trouble lowering the humidity in your space, a professional can assess the situation and recommend more advanced solutions.

Mold growth: If you find mold in your home, especially in areas that are hard to reach or hidden, a professional may be necessary to address the root cause and ensure proper cleanup.

Structural damage: If you've been experiencing high humidity levels and want to find out if they've caused structural damage, such as rotting wood or compromised foundations, a professional can evaluate the extent of the damage and propose necessary repairs.

HVAC issues: HVAC systems not effectively controlling humidity can lead to unsightly mold growth and high energy costs. A professional technician can inspect and repair your HVAC system to ensure it operates optimally.

5. Best Humidifiers of 2024 to Keep You Healthy All Winter

Why use a humidifier?

Ah, winter—the season that offers beautiful blankets of snow, but also dry skin, static electricity, allergies, asthma, and assorted sinus problems. If you haven't tried enlisting the help of a humidifier, you're missing out on some serious benefits.

According to the Mayo Clinic, humidifiers can help soothe dry sinuses, bloody noses, and cracked lips, as well as keep flare-ups from skin conditions such as eczema at bay, since they add moisture to the air. But how do you know how much humidity is the right amount?

"The Centers for Disease Control and Prevention recommends indoor relative humidity to be kept between 35 to 50 percent," says Melanie Carver, Chief Mission Officer at the Asthma and Allergy Foundation of Brisbane. "If the humidity levels are higher than that, it encourages mold growth and dust mites to thrive."

What to Look for When Buying a Humidifier

When shopping for a humidifier, you'll find tons of options, including two-in-one machines that function as both a humidifier and air purifier. While we all love a good multitasking product, the best humidifier for you really depends on your specific situation.

"Humidifier/air-cleaner combos can be beneficial where there is both low relative humidity and poor air quality, or the presence of allergens that are irritating to household members. If there are no problems with air quality or with allergic/asthma triggers, then the additional cost of the combo product might not be worth it," says Jennifer Whelan, Chief Operating Officer for Allergy Standards Limited (ASL). "Good combos will enable the user to switch on and off the humidifier function, so that they can still use the air-cleaner function even when humidity is not a problem."

Finally, when choosing the best humidifier for your needs, you'll also want to take into account such features as tank size (which dictates how much space you can humidify), noise level, maintenance requirements, and ease of cleaning.



Best overall humidifier: Dyson Pure Humidify+Cool

If you want the best multitasker around, check out the Dyson Pure Humidify+Cool, which serves as a cool-mist humidifier, fan, and air purifier. It also features UV-C light, as well as a highly reflective PTFE tube that reflects the UV-C light, which means water is exposed to multiple rays, killing 99.9 percent of bacteria in it in the first pass.

Plus, maintenance is super easy thanks to a deep-clean cycle that thoroughly cleans all parts of the machine exposed to water. Did you know that air purifiers may also play a role in protecting your home and family from coronavirus?

Highlights:

Three devices in one

Essentially cleans itself

Kills harmful bacteria

Best large-room humidifier: Elechomes SH8830 Ultrasonic Humidifier

The Elechomes SH8830 Ultrasonic Humidifier is designed for spaces up to 861 square feet, making it a great option for large rooms. It also offers a long run time, with up to 72 hours of continuous cool mist, plus a warm mist option. We love that it's super quiet and has a night mode that darkens all lights for deeper sleep.

Its auto mode (which regulates the fan speed based upon the desired humidity level), auto shutoff, timer-setting option, and filter-free design make this unit an eco-friendly choice.

Highlights:

Covers a larger area than most humidifiers

Offers warm and cool mist

Clever night mode feature

Easiest humidifier to clean: Miro Luma Touch Modular Humidifier

The Modular Humidifier by Miro features a 1.06-gallon tank, so it can humidify up to 600 square feet continuously for eight hours on the highest setting and 24 hours on the lowest. It also has a smart touch control panel and an LED light that can be set to your favorite color or turned off completely.

The real hero feature is that all of the parts—including the water tank, fan, and ultrasonic mister—are waterproof and washable (though not dishwasher-safe). Now all you need to do is learn how to clean a humidifier properly because it's a lot more important than you think.

Highlights:

Easily washable

Stylish design

Color-changing

Best combination humidifier: Levoit Ultrasonic Humidifier

If flexibility is what you're after, consider a humidifier that creates both warm and cool mist, like the Levoit Ultrasonic Humidifier. Not only does it boast a six-liter capacity for longer run time, but it also features a built-in humidity sensor, easy-to-read LED display, touch panel, and remote for an added layer of convenience.

It is important to note, however, that hot water or steam from a warm-mist humidifier can burn if touched or spilled, so you should only use cool-mist humidifiers in children's rooms. Don't miss these other Amazon products you'll definitely use every day.

Highlights:

Offers cool and warm mist

Built-in humidity sensor

Large six-liter capacity

Best humidifier for sick kids: Vicks Starry Night Cool Mist Humidifier

Whether your little one is sick or suffering from allergies or eczema, the Vicks Starry Night Cool Mist Humidifier will give them some relief and much-needed rest. This humidifier works on its own or with Vicks VapoPads for extra soothing comfort when they're sick, but our favorite feature is the projector, which enables children to sleep under the stars. And if you're struggling with the thermostat while your little one is under-the-weather, this is the best temperature for a house in winter.

Highlights:

Built-in projector

Works with Vicks VapoPads

Built-in antimicrobial filter

Most stylish humidifier: Air Innovations Clean Mist Smart Humidifier

Freshen up the air and your decor with this smart humidifier from Air Innovations. It comes in four colors—black, platinum, purple, and red—to either blend in with your home or give it a fun pop of

color. It has a rotating mist nozzle, a 24-hour timer, and auto-shutoff, and it promises up to 96 hours of continuous moisture on its lowest setting.

The entire unit and base are made of antimicrobial plastic to help prevent the growth of bacteria inside the tank, and it has a permanent ceramic filter, so you don't have to worry about purchasing replacements. Find out the other places bacteria and germs can hide in your home.

Highlights:

Unique design

Made of antimicrobial plastic

Impressive 96-hour run time

6. How to Keep Your House Clean In High-Humidity Areas?



The humidity levels in Brisbane can vary from 60 % to 70 %, especially during summers. This can make you feel sticky, annoyed and uncomfortable. Unfortunately, the combination of high humidity and warm temperatures can throw a bunch of challenges in maintaining a clean and healthy home in Brisbane.

The moisture in a humid environment can breed catastrophic mould and mildew in your bathrooms, carpets, ceilings, and other condensation-prone areas. Plus, dust and debris cling to the surface, requiring more elbow grease to eliminate. This makes regular dusting even more challenging for busy bees.

So, here is a comprehensive guide to keeping your house clean in high-humidity areas. Stick to the basic cleaning hacks to keep dust, dirt, germs, musty odours, and mould infestation at bay.

Let's Get Started!

1. Install Dehumidifiers to Control Humidity Levels

If you live in a high-humid climate, installing a dehumidifier can be an ideal way to control the moisture and dampness in a house. Ensure you place them in humid-prone areas, such as a kitchen, basement and bathroom to reduce the moisture levels up to 30 to 50 per cent.

The device makes the air dry and prevents the infestation of mould, mildew and other harmful germs invaders.

2. Ensure Proper Ventilation

High humidity can trigger and worsen asthmatic symptoms, allergies, and other respiratory disorders. To keep your indoor environment healthy, ensure a good flow of air in all rooms.

Proper ventilation can help you eliminate mould spores, bad odours, dirt, and other indoor pollutants. Here are a few tips to consider:

Keep your windows clean so that you can open them and let fresh air remove moisture.

Use exhaust fans after bathing to eliminate steam. This will prevent the accumulation of condensation.

Keep the air vent filters clean. Change them in regular intervals.

Make sure you maintain a clean rental property during your lease. If your tenancy is ending in a few weeks, book experts for cheap bond cleaning Brisbane. They follow a proper pre-approved cleaning checklist that includes air vents, windows, bathroom surfaces, and other dirt-laden areas.

3. Regular Dusting Is a Key

Dust particles, pet hair, pollen, dust mites and other disease-causing allergens can cling to the surfaces due to high moisture levels. It could become quite difficult to eliminate sticky dirt and grime from delicate surfaces like painted walls, polished cabinet tops, glass surfaces, etc.

However, regular dusting with the right tools can save you from elbow grease. Schedule your daily or weekly house cleaning schedule and tackle accumulated dust with microfiber cloths.

They work wonders in fetching dust specks from hard surfaces, such as ceiling walls, fans, windows, cabinet doors, light fixtures, switchboards, baseboards, tiles, chromes, wooden furniture, etc.

Make sure you clean the blades of your ceiling fan with a cotton pillowcase. This will prevent the dust from falling on already cleaned surfaces, like floors.

4. Use a HEPA-Filtered Vacuum For Carpets and Upholstery

Due to high humidity levels, mould and mildew can thrive on carpets, rugs, and upholstery furniture. So, it is good to regularly clean your staircase carpets and living area floorings to prevent the accumulation of dust, dirt, and germs.

A vacuum with a HEPA filter can trap 99.9 per cent of pollen and allergens from the surface, leaving your carpets shiny. It is good to blot clean the spills and splatters immediately using a damp cloth.

To freshen up soft furnishings and flooring, sprinkle a generous amount of baking soda, leave it overnight, and vacuum the surface again.



5. Combat Mould & Mildew Growth with Vinegar

The first step should be a thorough inspection of your home's damp or humid areas. Check for water leakage and condensation issues.

If you notice discomfort, musty odours, or unpleasant black or grey spores on shower curtains, bathroom walls, or basement walls, gather all your cleaning supplies to effectively remove mould and mildew.

Prepare a white vinegar and warm, soapy water solution in a spray bottle. Next, spray the affected areas and leave it for half an hour. The vinegar's antibacterial properties make it easy to kill mould and other pests.

Make sure you scrub the surface using an old toothbrush. Gently scrub the hard surface and rinse with clean water. Finish the process by dry the area to prevent further growth.

Professionals also follow this method during an expert bond cleaning Brisbane to help tenants pass the inspection without any hassle.

6. Clean the Air Purifier Filter

It is recommended to use air purifiers with HEPA filters to get rid of dust, allergens and mould from the air. It can promote quality indoor air and a healthy home environment.

Make sure you regularly clean the air filters as it traps harmful allergens during the air filtration process. Clean or change the air filter using vinegar for efficient results.

Also, ensure the air vents of your HVAC system are clean and fully functional to manage air quality. This will also help you prevent dust and dirt in your home.

7. Use Baking Soda to Banish Musty Odours

Baking soda is a versatile product used for cleaning, disinfecting, and deodorising almost all types of surfaces. If your home has a lingering musty odour due to high humidity, use baking soda to create one of the most effective DIY home deodorisers.

After treating mould, you can place a bowl full of baking soda to neutralise the unpleasant smell. Mix baking soda, lavender or lemon essential oil, and water to refresh your rooms.

If you are at the end of your tenancy, book bond cleaning Brisbane professionals to secure your bond money. They will clean all the tough spots and contaminated areas to help you pass the end-of-tenancy inspection. The best part is that they know how to clean a home in a high-humidity climate.

Maintaining a tidy and healthy home in high-humidity areas requires the right cleaning strategies, proper tools, and diligence. By following these simple tips, you can enjoy a mould-free, fresh, and hygienic indoor environment for your entire family.

7. Conclusion

In conclusion, managing humidity levels in your Brisbane home is essential for maintaining a comfortable, healthy living space. By following the practical tips outlined in this guide, you can effectively reduce excess moisture, prevent mould growth, and improve air quality. Simple actions like using dehumidifiers, ensuring proper ventilation, and regular cleaning can make a big difference in your indoor environment.

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