Colour Changing Humidifier

Humidifiers release steam or water vapour into the air, which helps to increase moisture levels. There are a range of different types of humidifiers, including central systems that are built into air conditioning and heating systems within the home, together with ceramic humidifiers and colour-changing humidifiers designed to create a welcoming ambience within a room.

What is a humidifier good for?

Natural humidity levels in the atmosphere vary throughout the year, with the highest levels typically seen throughout the summer months. Ideally, levels of humidity within the home should range between 30% and 50%, because both high and low humidity levels can cause issues.

Humidifiers can help to ease a variety of issues that are caused by dry air or low humidity, including dry skin, cracked lips, and uncomfortable sinuses. Humidifiers can also help to create a comfortable and relaxed atmosphere within your home, which can be particularly helpful for easing symptoms of anxiety or low mood.

Is it good to sleep with a humidifier in your room?

There are many situations in which sleeping with a humidifier in the same room can be beneficial, particularly if you want to ease cold or flu symptoms. As dry air can also exacerbate snoring, sleeping with a humidifier may help you to get a more restful night's sleep.

Provided that you ensure that placing a humidifier in the room you sleep in won't cause humidity levels to increase beyond 50% and the device is cleaned regularly, there are no reasons why incorporating one into your sleeping space won't be beneficial.

Do humidifiers cause mould?

It is important to ensure that all humidifiers in your home are cleaned thoroughly and regularly. Water that is left sitting in a humidifier can quickly result in the growth of mould, bacteria and mildew, all of which can cause health problems, including respiratory issues. Additionally, a range of pests and insects thrive in overly humid and moist environments, so ensuring that your home doesn't have humidity levels greater than 50% is important.

How do I know if I need a humidifier?

If you're experiencing congestion, susceptible to frequent nose bleeds, or are suffering from dry and/or itchy skin, a humidifier could help to ease those symptoms. Additionally, homes with humidity levels that are too low are more likely to have an increased level of static electricity. While this is an issue that is simply annoying rather than dangerous, a humidifier can reduce the chances of experiencing static shocks in your home.

Can I use tap water in a humidifier?

There are a selection of complementary products that have hit the market following the increased interest in humidifiers, including water purification tablets. While some people prefer to use purified or distilled water in their humidifiers, it is also usually possible to simply use tap water.

Provided that your tap water is safe to cook with and drink, you shouldn't experience any issues using it in your humidifier. Always read the manufacturer's directions, as some specifically state that distilled or purified water should be used.

Is it OK to have a humidifier right next to your bed?

Although it can be tempting to position your humidifier as close to your bed as possible, this won't increase the benefits you experience. In fact, positioning it a few feet away from where your sleep will ensure that any sounds from the internal mechanism won't disrupt your sleep.

Where should a humidifier be placed in a room?

Experts recommend that humidifiers are positioned at least one foot away from other electrical appliances, curtains, furniture and walls. It should also expel mist towards the centre of the room, as this will ensure that moisture is not collecting on any walls or surfaces. It is also advisable to position your humidifier at least two feet off the ground because this will allow the beneficial vapour to move throughout the room.