

## Discover the healthy comfort of air conditioning

*Ever thought about getting an air conditioner? Now's a better time than ever to make an investment in cool and healthy comfort. There are lots of ways room air conditioning can improve your health and comfort — read on for details.*

### *For your health*

There are three ways a room air conditioner creates healthier air for you and your family.

- 1) Filters out dust, pollen, and other particles in the air.
- 2) Keeps air pollution and outdoor allergens, like pollen, safely outside.
- 3) Lowers the room's humidity, which inhibits the growth of mold and mildew.

These three benefits (as well as those you get from a good night's sleep) can mean improved health and comfort.

### *It's not the heat, it's the humidity.*

Sound familiar? Everyone knows air conditioners help control heat, but did you know how much they help with humidity? On days when you're feeling sticky, they can make you much more comfortable — a big help, especially when you're trying to sleep!

**Tip** *To maximize your unit's dehumidifying abilities, run the fan at a low setting.*

*John L. Kirkwood, President and CEO of the American Lung Association says "Keeping the air in your home clean is particularly important for people with asthma or allergies, but the quality of indoor air is something all Americans should be concerned about."*



*"I use air conditioning to keep the entire first floor of my home cool. My family stays cool and comfortable, especially on hot, humid days. It makes everybody happy, including our animals!"*

*— Heather W., Wayne*



## Proper sizing for efficient cooling

When purchasing an air conditioner, look at the energy efficiency rating (EER) on the air conditioner. The higher the EER, the more efficient the unit, and the less it costs to operate compared to a unit with the same cooling capacity but lower EER.

A large unit can be just as inefficient as a small unit, if it is too big for the space you are trying to cool. This chart will help you size your air conditioner for the most efficient cooling.

**To determine the square footage of your room, multiply its length by width.**

Room size in square feet	Cooling capacity in BTU per hour
100-150	5,000
150-250	6,000
250-300	7,000
300-350	8,000
350-400	9,000
400-450	10,000
450-550	12,000
550-700	14,000
700-100	18,000

Source: Association of Home Appliance Manufacturers

In addition, use the following guidelines for proper selection of an air conditioner:

- If the room is shaded, reduce the Btu by 10%.
- If the room is sunny, increase the Btu by 10%.
- If you plan on placing the air conditioner in your kitchen, add 4,000 Btu.
- If more than two people will regularly be in the room (e.g. an office), add 600 Btu per additional person.

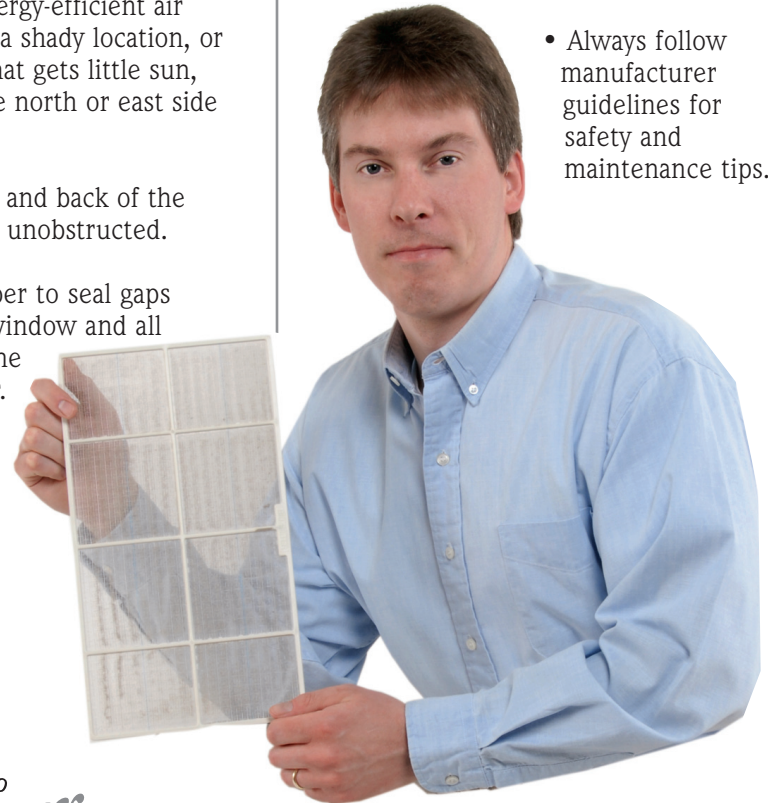
## Tips for installing and maintaining your energy-efficient air conditioner:

- Trim foliage around the window back at least two feet. This allows adequate air flow for more efficient operation.
- Once you turn the air conditioner off, wait 10 minutes before turning the unit back on. This allows the pressure in the cooling system to equalize and prolongs the life of the unit.
- Clean air conditioner filters regularly, including the condenser coils, keep the front and back of air conditioners unobstructed. If your filter looks worn or has holes in it, it should be replaced — a thoroughly cleaned air conditioning unit will operate at top efficiency.
- Set the thermostat on cooling mode. Just setting the dial below room temperature will not activate the air conditioner.
- Install your energy-efficient air conditioner in a shady location, or in a window that gets little sun, typically on the north or east side of your home.
- Keep the front and back of the air conditioner unobstructed.
- Use foam rubber to seal gaps between the window and all four sides of the air conditioner. This will reduce drafts and vibration, for quieter operation.

You can purchase an air conditioner sealing kit at a home goods store.

- Use the different fan speed settings to get just the right comfort level for your needs.
- Use ceiling fans to help spread the cool air from your air conditioner. In the summer, don't forget to set ceiling fans on forward (when you stand under them you should feel a breeze!)
- Draw the shades or window blinds to reduce solar and outdoor heat. Reflecting and double pane glass, awnings, overhangs, louvered sunscreens, plantings, fences or adjoining buildings also help — but be sure you do not block the back of the unit.
- Don't let heat build up all day and then try to cool areas quickly by turning the controls to maximum settings. Start units earlier in the day and cool areas slowly before they are occupied.

- Always follow manufacturer guidelines for safety and maintenance tips.



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*“Clean air conditioner filters with soap and water once a month during the cooling season so that your air conditioner operates at peak efficiency. If your filter looks worn or has holes, it should be replaced.”*

— Eric Wilkins, CMP Energy Expert

