

At +35 degrees Celsius with cooling, neither the fan nor the air conditioner can cope. In this case, only an air humidifier can help.

The main task of the air humidifier is to create a comfortable microclimate. This is especially true in winter, when heating makes the air too dry, and the mucous membranes and skin begin to dry. But in the summer it can also help.

One study showed that low humidity in hot weather can lead to dehydration, create a feeling of high fatigue, even if the temperature in the room is not critical. At the same time, moderately wet air helps our body cool more effectively, which reduces the feeling of heat.



Chris f

According to WHO, in summer the optimal level of humidity in the room is 40-60%. In this case, we feel comfortable even at high temperatures.

However, if the humidity level is high (more than 65-70%) and the room is hot, then stuffiness occurs. If you turn on the humidifier, then it can aggravate the situation in the

absence of air conditioning or hoods. If the apartment already has a high humidity, it is better to use an air drainage or ventilate more often.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.