

M013

JUWO FACTSHEET: PROPER VENTILATION

PROPER VENTILATION FOR A
HEALTHY INDOOR CLIMATE

TOO WARM, TOO COLD, TOO HUMID OR TOO DRY? A GOOD INDOOR CLIMATE MAKES ALL THE DIFFERENCE. IT ENHANCES WELL-BEING AND HELPS PREVENT MOISTURE AND DAMAGE IN YOUR HOME. ESPECIALLY DURING THE HEATING SEASON, IT'S WORTH PAYING ATTENTION TO TEMPERATURE, HUMIDITY, AND REGULAR VENTILATION. JOIN US IN SAVING ENERGY: THE ENVIRONMENT WILL THANK YOU!

IDEAL INDOOR CLIMATE

16–22 °C



IDEAL HUMIDITY

40–60%

VENTILATE REGULARLY,
DO NOT KEEP THE WINDOW
OPEN CONTINUOUSLY

A COMFORTABLE LIVING
ENVIRONMENT

The right temperature plays an important role in feeling comfortable at home. During the heating season, **20–22 °C is ideal for living rooms**. The **bedroom can be a bit cooler: 16–18 °C** is perfect for a good night's sleep.

VENTILATE REGULARLY

Fresh air is important. Open all windows fully **2–4 times a day** for a few minutes. In winter, **5–10 minutes** of ventilation is sufficient. In **summer**, it's best to ventilate **during the cooler morning and evening hours**.

DO NOT LEAVE THE WINDOW
PERMANENTLY TILTED

Leaving the window tilted all the time doesn't do much good. The air hardly gets any fresher, but the apartment cools down significantly. This wastes unnecessary heating energy.



KEEPING HUMIDITY UNDER CONTROL

The ideal relative humidity is between **40% and 60%** at a temperature of about **16–22 °C**. If it's constantly too humid, mold will start to build up quickly. However, air that's too dry isn't ideal either — it can irritate your airways.

HYGROMETER – A USEFUL TOOL
FOR EVERYDAY LIFE

A hygrometer displays temperature and humidity. This lets you see right away when it's time to air out a room, and makes it easy to keep an eye on the indoor climate.

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WHY PROPER
VENTILATION
PAYS OFF

Proper ventilation offers a number of benefits in your daily life.

You'll have better air quality in your home, feel more alert, and sleep better. At the same time,

you'll prevent mold and protect your home from long-term damage.

Plus: You'll save energy. If you ventilate frequently and effectively instead of leaving windows tilted constantly, you'll lose significantly less heat. This lowers your heating costs – which is good for your wallet and the environment.

In a nutshell:

Better indoor climate,
fewer problems, lower costs.

**AFTER SHOWERING OR BATHING**

Bathrooms can get humid very quickly. So: Open the window, turn on the fan, and leave the bathroom door open to let the moisture escape. The shower curtain should also be left open, hanging into the bathtub and away from the side walls, so that everything dries thoroughly. Always dry the tiles and joints.

**DRYING LAUNDRY**

If possible, don't dry your laundry inside your apartment, as this releases a lot of moisture into the air. Instead, use the drying room or attic, or dry your laundry outside in the fresh air.

**WHEN COOKING**

Cooking produces a lot of steam. So: Turn on the kitchen ventilation and open the window briefly to let some air in. This keeps the moisture where it belongs and prevents it from spreading throughout the entire apartment.

CONDENSATION ON THE WINDOWS

Misty windows? That's a sign of too much moisture. Here's what to do: regularly open the windows to ventilate and wipe the water off immediately with a cloth to prevent mold from forming.

DO NOT PLACE FURNITURE DIRECTLY AGAINST THE WALL

Leaving some space between furniture and exterior walls significantly reduces the risk of mold. A **minimum gap of 10–15 cm** allows air to circulate behind the furniture and prevents moisture from accumulating.

