



## Managing Home Temperatures & Humidity For Comfortable Living

When you're at home, you should feel completely at ease and fully relaxed. Unfortunately, many homeowners struggle to get comfortable in their own homes. They constantly fuss over the thermostat or wake up in the middle of the night shivering or sweating. Many feel chilly in one room and too warm in another. Nothing seems to feel right.

This lack of comfort can take a toll on your happiness—[and your health](#). You might feel sluggish from disrupted sleep or irritable from feeling too warm or cold. You may experience persistent fatigue or nagging headaches.

Many people treat the symptoms rather than the source of their discomfort. They curl up in cozy blankets to try to keep warm or take sleeping aids in search of more restful slumber. However, the key to living a better, healthier life starts with the air you breathe. You don't just breathe the air—you live in it. And you have the power to make it perfect.

When it comes to how you should feel inside your home, it's important to consider your lifestyle and common activities you do at home. [Find your local Lennox® dealer](#) to learn how air impacts your comfort and read on for some insight into feeling your best at home.

## **What's the Ideal Temperature for Sleeping?**

According to the [National Sleep Foundation](#), you should set your thermostat anywhere from 60 to 67 degrees Fahrenheit for the [best night's sleep](#). You can keep your children's rooms slightly warmer, aiming for 65 to 70 degrees. Research shows that when you sleep, your core body temperature drops. If you're too warm, your brain doesn't get the message that it's time for rest.

## **How Does Humidity Play a Role?**

[Humidity](#) is the level of moisture vapor suspended in the air around you. Humidity doesn't just impact how you feel outside—it also contributes to your overall health and comfort inside your home as too much humidity can make air feel stuffy and sticky. Here's [how to tell if your home has poor indoor humidity](#).

## **Be Mindful About Your Activities**

Everyday activities can significantly impact your home's indoor air quality. For example, when you cook with oil, fat and other ingredients, especially at high temperatures, you can unleash unhealthy pollutants into the air. If you let your pets sleep in bed with you, you introduce pet dander into the bedroom, which can trigger all kinds of reactions, including wheezing and watery eyes.

## **Take Control of Your Comfort**

You're not at the mercy of the weather conditions or any external factors. When it comes to the air you breathe in your home, you have total control. When you use a whole-home comfort system such as the [Lennox Ultimate Comfort System™](#), you can breathe cleaner, healthier air with every breath. Every part of this system works seamlessly together, from the AC unit to the furnace, to provide more control than ever.

## **Breathe Better, Live Better**

To feel your best at home, you don't need quick fixes such as a plush robe to warm up or a cold drink to cool down. You have the power to create the perfect air for every part of your day and for every activity you pursue.

Source: [lennox.com](http://lennox.com)