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## Can you leave a cool mist humidifier on all night

Something went wrong. Wait a moment and try again. Humidifiers became an inevitable device in bedrooms, especially during the winter. A lot of people run heating even during the night to keep themselves cozy and toasty while they sleep. However, that has several downsides such as dried out air that leads to a plethora of issues. That's where air humidifiers come to the scene. However, a lot of people wonder whether they should run an air humidifier all night and what could that bring to their health. Don't worry, we wrote this article to help you understand why air humidifiers are important for your health during winter and how to optimize its usage to wake up fresh in the morning. People who live in parts of the world with dry climate often search for a resort in using humidifiers. Humidifiers are small devices placed against the wall or on a nightstand that keep the room air moist rather than dry. Humidifiers usually have small water dispensers which generate water vapor that purifies the air in the room. Image Source: Terry Cralle However, people who live in the hot and dry areas aren't the only people who enjoy using humidifiers. A lot of people with heaters in the room know the pain of waking up with a dry throat and congested nose. Dry air in the room can lead to several problems such as dry skin, dry throat, persistent cough as well as dry and cracked lips. People find it easier to enjoy the cool night in bed while a humidifier is running, keeping the air moist, and comfortable. Moreover, people with asthma and other respiratory issues can find it beneficial to wake up to moist air. People with eczema fight the dry and sore skin regularly, which is less likely a case with a good humidifier. A study shows that low humidity can help the survival of the influenza virus, suggesting that the best ways to fight it are with air humidifiers. However, as is the case with every device, a lot of people have concerns about whether they should keep an electronic appliance running all night. With that in mind, we crafted this article to give you the most reliable answer: Can Your Humidifier Run All Night? This question confuses a lot of people because most electronic devices aren't safe to be on for extended amounts of time. Nevertheless, you can lay to sleep with your humidifier. It'll vaporize the air, allowing you to sleep peacefully and soundly. Image Source: Terry Cralle There are different types of humidifiers, such as evaporative (cold mist) moisturizers, warm mist humidifiers, and all-home humidifiers. Now, most people use portable and compact humidifiers because they're more affordable and easier to implement and maintain. On the other hand, all-home humidifiers make more sense in large and smart homes that come with thermostats and other smart appliances that can intelligently set and accommodate the appropriate level of humidity in your apartment. Lastly, the ultrasonic humidifiers are also a popular thing among the home humidifiers and offer more benefits than the above-mentioned models. The most commonly-used humidifiers are cold mist and warm mist humidifiers, so people have the most concerns about keeping them on for 24 hours. People who live with small and inquisitive kids prefer using cool mist humidifiers to prevent accidents with hot water inside the device. Those who are concerned about bacteria, mold, and general humidifier maintenance are better off using warm mist humidifiers. While air humidifiers are safe to use throughout the entire night and even days, there are certain conditions under which they can operate to maintain their functionality and remain safe for your household. Humidifiers Are Safe Under Certain Conditions Now, let's look at those certain conditions and see how you can improve the environment you sleep in to make the best use of humidifiers, keeping your room moist and providing great sleep quality. Condition 1: It Needs a Hygrometer to Warn You About Excessive Humidity You need to ensure that the humidity levels in your room are between 30% and 50%. While most of the better-branded humidifiers come with a built-in sensor that can measure humidity, some more affordable options don't. That's why you need a hygrometer. A hygrometer is an instrument that can measure humidity in your household. Most homes have it, but some don't, which is why it's important to keep an eye to the humidity levels. High humidity levels can make it harder for you to breathe, especially if a baby is laying in the same room where the humidifier is positioned. Image Source: Terry Cralle Even though humidity helps hydrate your skin and body, high levels of humidity can be risky as they can cause dehydration. It can also cause the thriving of bacteria, mildew, mold and dust mites at humidity higher than 60%. It's known that humidity level of 40%-50% can kill all sort of microbes, which is why it's important to keep it low. Tips: Use humidifiers with automatic shutdown when humidity reaches the level of 50% or anywhere from 40% to 50%. If you're eyeing a humidifier, make sure its hygrometer is built-in. Place humidifiers around the driest area in the house or apartment. If your humidifier doesn't have a hygrometer, invest in one. Condition 2: You're Attentive About the Humidity Levels While all devices are going smart fast, they're not all-knowing. It's important to be attentive and check the device's values regularly. If you feel it's getting too humid in the room or entire apartment, it's important to change the values before it becomes an ideal safe ground for mold to reproduce. Tips: Look at the hygrometer during the day. Set an alarm on the device when the humidity is going too high. If you see that your device is acting up in the morning and the values are higher than they should be, consider a replacement. Condition 3: You Don't Use Tap Water to Supply Humidifier Tap water is rich in minerals, and sometimes even metals and other compounds that we can't normally see or taste. That said, tap water causes a buildup of plaque that can lead to the development of bacteria and other microbes, as well as mold. As a result, you may notice white and stains of other colors surrounding your furniture in the house. Tips: Invest in distilled or demineralized water that is pure and won't make your filters dirty. Read specification and user manual that can showcase what kind of water you should use. Normally, different purifiers may use purified, distilled, or demineralized water. Condition 4: You Need to Clean The Filter Several Times a Week When you use an air humidifier, you're breathing the air that got purified from the water dispenser inside of it. That said, you should regularly clean the mentioned water dispenser to be able to breathe in healthy air. As we open and close the tank, small portions of air, dust, or bacteria get inside, and after a few days, they may replicate, making dust and mold spread through the air. Tips: Clean carefully and thoroughly at least 1 to 3 times a week. If your humidifier has a filter clean it as much as you clean the water tank. You should use 3% hydrogen peroxide to help you clean your humidifier, according to EPA. Read the user manual that will instruct you on how to replace the filter after some time. A lot of companies offer replacement filters in the bundle, although you may need to purchase a new one after some time. Condition 5: Replace The Water Frequently We know that replacing the water and getting the right kind of water may appear a bit annoying to you, but it extends the lifespan of your humidifier, and more importantly, it makes your sleep environment purer, as the air you breathe in is clean and healthy. With that in mind, you should clean your filters and tank, whenever you change the water in the humidifier, and that makes it every few days. Tips: Changing the water frequently will avoid breeding of bacteria inside the humidifier, allowing cleaner air. If you feel that there is a lot of mold and dust that has covered the walls of the dispenser and you feel difficulties cleaning it, that may be a signal to get your entire humidifier replaced. Conclusion Air humidifiers and heaters go hand-in-hand together during the winter months. One keeps you warm and cozy, while the other one allows you to breathe in fresh and cool air while you sleep. Remember that a fresh and cool sleep environment is of utmost importance for the quality of your sleep and dreams, which directly reflects on your overall health. If we put away the small conditions you need to make to maintain your humidifier, then using a humidifier is easy and safe to run throughout the entire night. There are a lot of benefits of using a humidifier the entire night, such as: ... and much more. Also Read: The Best Humidity for Sleeping Like a Rock (Different in Summer And Winter) By providing relief from dry air, among other benefits, a humidifier has become an essential machine for many homes. During the day, it is easy to control and monitor the humidifier as you enjoy the moist air. The device is also helpful during the night. But, should a humidifier run all night? After all, you may require it, especially during the dry winter nights. Since safety is your concern, then let us look at whether you should run a humidifier at night, its benefits, risks, and the precautions you should follow to guarantee your safety. To answer your concern, Yes, it is safe to leave on a humidifier all night. However, you need to take a few precautions to ensure safety while it is in use. What makes a humidifier safe to run all night? There are a couple of factors to keep in mind before you decide to run a humidifier throughout the night. 1. Operational capability Humidifiers are handy appliances that come with a run time making them highly functional even at night. For instance, finding a humidifier with a 24-hour run time can be quite efficient and safe. 2. Portability and automation Most humidifiers are portable giving you the ability to move them to wherever you intend to spend the night. They are also fitted with controls to help you make the correct settings. This promotes safe and high-quality indoor air for your home. The majority of the humidifiers also come with automatic shut-off settings which gives you more power to set it for the night with reduced monitoring. 3. Reliability Humidifiers can be used for the benefit of an entire household including children. There are different types of humidifiers for all room sizes, including baby rooms for maximum safety. Benefits of a humidifier while sleeping Running a humidifier at night can provide you several benefits. They include: 1. Better sleep Dry air can cause your respiratory tract to dry up leading to snores and restlessness. By running a humidifier, you maintain the ideal humidity for sleeping at about 40%-60%. Your sinus and throat also remain moist leading to less snoring and better sleep. This is different compared to an air purifier, which only purifies the air but doesn't moisturize it. 2. Skin protection Skin plays an important role in warding off bacteria and pollutants keeping you healthy. Exposing it to dry night air can lead to chirped lips and itchy skin causing you discomfort. By sleeping with a humidifier every night, you maintain moisture in the air leaving your skin hydrated and functioning optimally. 3. Keeping off germs Dry air in a home provides prime ground for the spread of germs which can lead to illnesses and several hospital visits. In the night you spend many hours in one room leaving you susceptible to these germs. A humidifier can raise moisture levels at night, reducing the movement of germs and effectively decreasing the spread of illnesses like colds and influenza. For the best protection against germs, consider using a humidifier and air purifier combo. Risks of a humidifier running at night Are there any risks of sleeping with a humidifier on all night? Well, there are a few risks that come with running a humidifier at night. These risks include: 1. Excess moisture While moist air is good for optimal health, running a humidifier all night increases the probability of releasing excess moisture into the air. This environment can encourage the growth of bacteria and mold. Viruses are also known to spread quicker in humid conditions and all these germs can lead to serious health issues. 2. Dry tank It is easy to forget to add more water in the humidifier tank for the night especially if you had been running it all day making it inefficient for the night. Precautions to take when sleeping with a humidifier There are certain precautions you should take to eliminate any risks so you can leave the humidifier on while you sleep. 1. Clean A clean humidifier will promote good health while a dirty one will spread germs, cause illnesses, and produce a bad odor. A humidifier requires a regular cleaning routine preferably every 3 days. You will need to unplug it from the power source, empty the water from the tank, clean it as per the manufacturer's instructions, and refill it if you intend to run it the next night. Change the filters as well if they tend to get dirty frequently and follow the manufacturer's advice on installation to avoid damage. 2. Choose the right spot If you decide to leave a humidifier on all night, choosing a good spot for the machine is important. This will help prevent accidents such as someone tripping over the power cord in the dark. The best spot should be waterproof and a few feet above the ground. It should also look away from any electrical outlets to avoid moisture build-up that would lead to a short circuit or rust. This guide can help you with humidifier placement in the bedroom. 3. Humidity monitoring The efficiency of a humidifier highly depends on the monitoring of your home humidity levels. Acquiring a humidifier that comes with a thermostat or using a hygrometer will give you the accurate humidity levels in your home. With the right information, you can then leave the humidifier on for the night to avoid high moisture levels in the air. 4. Use the recommended water Use distilled or bottled water for your humidifier. Do not use tap water as it contains minerals that can build up on the inside of the machine. Such buildups act as an incubator for mold and bacteria which are harmful to your health. In conclusion If you are still wondering, "Should I sleep with a humidifier on at night?" The answer is yes. Running a humidifier at night is safe and has great benefits including better sleep through reduced snoring and restlessness. It also promotes good health by keeping away pollutants and other ill-health causing germs that thrive in dry air. By following the precautions above, you should feel confident that your humidifier will turn your dry nights into the most peaceful times in all seasons. Related Articles Best humidifiers for eczema





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