



Stirling Technology, Inc.

Dust and Mites Fact Sheet

- Most molds, mites, and bacteria thrive in humid conditions. Every time you run a dishwasher, take a shower, and do laundry, you are adding to the moisture content of your home. This moisture is compounded by moisture produced by humans, pets, plants — and your home itself. In today's well-sealed homes, mold problems are on the rise.
- Keeping humidity low (<45%) during winter months is the most limiting factor for mite growth. It can be accomplished by ventilation and heating. *Epidemiology, 1999*
- Ventilation rates also affect indoor humidities, in turn influencing levels of dust mites. *The Institute of Medicine: Clearing the Air, 2000*
- The most common asthma trigger, the house-dust mite, thrives in the modern home environment. Traditionally the mites are abundant in the summer months and die in winter, but now the modern centrally heated home with poor indoor ventilation and an increase in humidity levels has encouraged mites to prolong their stay. *The National Asthma Campaign, 2000*
- In modern, highly insulated, one-story single-dwelling houses in cold temperate regions, mechanical ventilation increases the possibility of reaching an ACH of 5 which protects against indoor humidity levels contributing to mite survival as well as high levels of indoor air pollutants in winter. *Clinical and Experimental Allergy, 1998*
- Heat pump ventilation units have demonstrated to have an environmental benefit in reducing mite numbers and a clinical benefit in allergic asthmatic subjects. *Journal of Allergy and Clinical Immunology, 1999*
- Poor ventilation has been associated with increased relative humidity, increased levels of house dust mites, poor lung function, and increased respiratory symptoms. *Allergy*
- Reduction in air humidity through an increased supply of fresh air may significantly diminish and, in some cases, even eliminate house dust mites in homes. *Allergy*

**For more information about removing dust and mites
with ventilation, call us at 1.800.535.3448
or visit healthyairpeople.com**

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*Stirling Technology is home of the RecoupAerator® home air cleaning system,
the #1-rated energy recovery ventilator.*