

How to Use a Humidifier Safely

Best Way to Use a Humidifier

Clean the water reservoir and fill it with distilled water. Place your humidifier at least 12 ft (3.7 m) from the wall on a level, elevated surface with good air circulation. Determine the proper settings, then plug it in and turn it on. Clean the humidifier twice a week to help prevent mold and bacterial growth.

1)

Remove and clean the humidifier's water reservoir. Remove the water reservoir and clean it with mild soap and water before using the humidifier. This will clear out any residue from the manufacturing process, so you aren't breathing those in when using the humidifier.

2)

Fill the humidifier's reservoir with distilled water. After you clean the reservoir, add distilled water. Some humidifiers allow for tap water to be used, but distilled water will be free of any additives that tap water contains.^[2] Add the water until it reaches the market water line on the humidifier's reservoir.

- If your humidifier uses a filter, insert it when you fill the reservoir. Replace the filter regularly, depending on the type of humidifier you have and how often you use it. Usually between once a month and once every 4 months.^[3]
- Change the water every time you use your humidifier.

3)

Position your humidifier in a spot in the room with good air circulation. For a humidifier to add moisture to the air, it needs to be in a spot with good air circulation. Choose a level surface that's high up with nothing underneath and at least 12 inches away from walls.

- Don't place your humidifier underneath a shelf or near paper or curtains. Nearby objects tend to get dampened by the humidifier.

- Before you turn on the humidifier, check the equipment and the cords to ensure they're in good condition.

4)

Turn the humidifier on and adjust any settings. Plug in and power on the humidifier. Some humidifiers may have buttons or knobs that adjust the settings, so use these tools to change anything to your personal preference. If you are confused about what settings you should use or what any of the buttons or knobs mean, consult your owner's manual.

- Some humidifiers have a small space to add essential oils or vapor rub to the mist. This would be the time to add those items if desired. However, if your humidifier doesn't explicitly say it's compatible with those items, don't use them.
- Recommended humidity levels are normally between 30–50%.
- When not in use, turn off the humidifier. Don't run the humidifier in an empty room.

5)

Clean the humidifier regularly to prevent mold and bacterial growth. If you're a regular user, clean your humidifier at least twice a week. This will help prevent bacterial growth from forming in the humidifier and water. For less frequent users, clean your humidifier before each use since bacteria and mold can grow in longer intervals of time between uses.[6]

- Be sure to carefully read your user manual for cleaning and maintenance instructions.[7]
- Water and mild soap work well for basic cleaning, but you can also use diluted white vinegar or citric acid to kill bacteria. Soak the filter and tank in this solution for 15 minutes to an hour, then wash them with clean water

How to Set Up Your Humidifier

1)

Choose the right type of humidifier for your needs. There are many different types of humidifiers on the market, so finding the best humidifier for your needs and circumstances is very important. A few of the most common humidifiers include:[9]

- **Central humidifiers.** Central humidifiers are used to humidify an entire house. They are built into the house's heating and cooling system.
- **Evaporators.** Evaporators are smaller humidifiers that use filters and fans to add moisture to the air. These types of humidifiers tend to be very affordable.
- **Impeller humidifiers.** Impeller humidifiers release a cool mist into the air. This is especially good news for people who have children in the house. These humidifiers use fast-moving disks to release their mist and work best for single rooms.
- **Steam vaporizers.** Steam vaporizers heat the water in the reservoirs and force it to cool before releasing it into the air as a mist. These are the most economically friendly humidifiers, but they can release hotter mists, which can cause burns.
- **Ultrasonic humidifiers.** Ultrasonic humidifiers use vibrations to release moisture into the air. Since these come in both cool and warm mist variations, they are a good choice for a home with children. Pick one that is sized properly for your intended use and room volume, and be aware that they will vary in cost depending on size and features.

2)

Read the humidifier manual for specific cleaning and usage instructions. Humidifiers come in many styles, each with recommended settings and care instructions. The instructions may differ from others you

have owned, so it is important to read the instructions for your specific humidifier carefully.

3)

Assemble the humidifier if needed. With the help of the owner's manual, put together any apparatuses that need to be assembled before your humidifier can be used. This can include things like adding wheels for mobility, basic assembly of the humidifier, or personal preference settings (such as the size of the mist opening).

What are the benefits of using a humidifier? There are many benefits to using a humidifier, especially if you live in a dry climate or use air conditioning and heating in your home. They help with dry skin, eyes, and nasal passages, which can help reduce the number of bloody noses you have.^[11]

- Some people who live in dry climates use humidifiers to alleviate asthma symptoms.^[12]
- Humidifiers can also help relieve symptoms associated with colds, flu, and allergies, including coughing, stuffy noses, and sore throats.

Are you supposed to sleep with a humidifier on? Sleeping with a humidifier running can help you sleep more comfortably because it helps alleviate stuffy noses and coughing. It also provides white noise, which can help block out noises that disrupt sleep.^[13]

- Place the humidifier about 6 ft (1.8 m) feet from the bed near a heating or air conditioning vent if possible, like on top of a dresser

How long should a humidifier run? Only run a humidifier long enough to maintain a humidity between 30% and 50%. This usually means running your humidifier for 12 hours a day.^[15] Run the humidifier overnight to help you sleep.

- The recommended time for your humidifier to run depends on the current humidity level, type of humidifier, and room size.
- If you're suffering from a respiratory condition or illness, you may need to run the humidifier longer.

Are there any risks to using a humidifier? There are some risks to using a humidifier, especially when you don't properly clean them. A dirty humidifier can be a breeding ground for mold and bacteria. Then, as soon as you turn it on, it mists germs and spores into the air. You can develop lung irritation or a serious infection when you breathe them in. Additionally, Air polluted by dirty humidifiers is often more harmful to children than adults.[\[16\]](#)

- Clean humidifiers every day to every third day to help prevent breathing harmful bacteria.
- Use a scrub brush to remove any film or scale deposits and then wipe all of the surfaces dry.