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Discover the healthy comfort of air conditioning

Ever thought about getting an air conditioner? Now's a better time than ever to make an investment in cool and healthy comfort. There are lots of ways room air conditioning can improve your health and comfort — read on for details.

For your health

It's easy as 1, 2, 3! There are three ways a room air conditioner creates healthier air for you and your family.

- 1) Filters out dust, pollen, and other particles in the air.
- 2) Allows you to keep your windows closed even during the hottest of weather — keeping air pollution and outdoor allergens, like pollen, safely outside.
- 3) Lowers the room's humidity, which inhibits the growth of mold and mildew.

These three benefits (as well as those you get from a good night's sleep) can mean improved health and comfort.

"It's not the heat, it's the humidity."

Sound familiar? Everyone knows air conditioners help control heat, but did you know how much they help with humidity? On days when you're

feeling sticky, they can make you much more comfortable — a big help, especially when you're trying to sleep! **Tip:** To maximize your unit's dehumidifying abilities, run the fan at a low setting.

Low-cost operation

Today's air conditioners are more efficient than older models, and may cost less to operate than you think.

The American Lung Association and National Institutes of Health recommend turning on the AC. Air conditioning helps clean your indoor air, making it healthier for you and your family. It reduces humidity, dries up water vapor, and inhibits the growth of mold and mildew. It can help filter dust, pollen, and other pollutants from the air — good news for your nose, lungs, and eyes.



"It does get hot and humid in Maine and sometimes it can be hard to sleep. Why suffer through a sticky night when an air conditioner can cool the bedroom down? When we use our energy efficient air conditioner, we get a good night's sleep and we wake up feeling rested and ready to go." — Terry & Roger A. with son Griffin, Freeport



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Proper sizing for efficient cooling

To get the comfort you're looking for as cost-effectively as possible, it's important to choose the right air conditioner for the room you want to cool. If your unit is too large, it will cycle on and off frequently, sacrificing efficiency and humidity control. If it's too small, it may run all the time without cooling the room as much as you'd like, sacrificing efficiency and comfort.

The table below will help you select the appropriately-sized unit. Keep in mind that a room with lots of sunny windows, a high ceiling, or poor insulation requires a bit more cooling capacity than indicated below.

Efficiency ratings help you save

Room air conditioners now carry an efficiency rating known as the EER (Energy Efficiency Rating). The higher the EER, the more efficient the unit is and the less it costs to operate compared to a unit with the same cooling capacity but a lower EER.

Tip: Consider buying your air conditioner before the first heat wave, so you'll have more choices of efficiency, cooling capacity and other features.

Aren't air conditioners noisy?

Actually, there are many models available today that are relatively quiet, especially when you operate them on low settings. Try looking in consumer magazines for information about noise levels, or ask your appliance dealer for a demonstration of the units you're considering.

No-sweat maintenance

Room air conditioners don't need much maintenance. To maximize efficiency, all you have to do is remove and clean the filter with soap and water once a month during the cooling season. If the filter wears out, replace it (check with your appliance dealer for replacement information.) High performance filters are also available. Always follow all manufacturers' instructions for maintenance and operation.

Other tips

If possible, install your air conditioner in a shady location, or in a window that gets little sun, typically on the north or east side of the home. Also, make sure the air conditioner is free from debris and that shrubs are not blocking airflow through the unit.

What size air conditioner do I need?

Room size in square feet	Cooling capacity in BTU per hour
100-150	5,000
150-250	6,000
250-300	7,000
300-350	8,000
350-400	9,000
400-450	10,000
450-550	12,000
550-700	14,000
700-1000	18,000



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