

Excess humidity in your home can cause a lot of discomfort. Plus, certain allergens and pollutants thrive in high humidity such as mold, dust mites and other types of bacteria. To solve the humidity problem, many sources will recommend purchasing a dehumidifier. However, the pros at [Mattioni](#) understand that not everyone has the time and resources to invest in a dehumidifier. That's why we have come up with a list of easy, creative and natural ways to lower indoor humidity. By following this list you and your family can stay comfortable throughout the year, without even needing a dehumidifier.

1. INCREASE VENTILATION

Make sure your home is properly ventilated, specifically places that are likely to have high humidity such as your kitchen and bathroom. Make sure your exhaust fans are working properly and use them frequently. Ventilation can reduce indoor humidity from building up as well as other indoor pollutants such as dust mites, mold spores, volatile organic compounds and other toxic materials. In addition to using your exhaust fans, try opening your windows occasionally to get some fresh air in.

2. REDUCE MOISTURE

Here are some ways you can reduce moisture in order to prevent excess humidity:

- Take Shorter Showers

Not only do shorter showers prevent water waste, they can also prevent excess moisture build up in your bathroom.

- Wipe Down Sinks

After you're done using the sink, take a small towel and wipe up the area around the sink. Mold can build up here quickly if you don't prevent water from standing around your sink.

- Use a Squeegee

After you're done showering, take a few minutes to use a squeegee to wipe down the bathroom walls. This can prevent moisture build up and mold growth.

3. FIX LEAKS

According to the [Environmental Protection Agency](#), household leaks can lead to 10,000 gallons of water wasted every year. Leaks are already incredibly wasteful and to add to that, they can be the cause of the excess humidity in your home! Be sure to fix these leaks whenever you see them—some leaks are easier to fix, such as [toilet flapper leaks](#), faucet gasket leaks and showerhead leaks. However, others might require you to contact a plumber to safely diagnose and troubleshoot the problem.

4. COVER THE SOIL IN YOUR HOME

If you have a lot of houseplants, chances are the moisture in the plants' soil is releasing moisture vapor into the air. You can cover the soil by using rocks and stones and placing them on top of the plants' soil, which can even reduce their need for watering. In addition, see if you can move any of the plants outside, as that can help reduce the indoor moisture content.

LOWER INDOOR HUMIDITY WITH MATTIONI!

We hope this list of natural ways you can reduce indoor humidity was helpful. If you want to learn more about how you can reduce your home's humidity, get in touch with the pros at Mattioni! Call us today at [484-617-3841](tel:484-617-3841) or schedule a service [online!](#)