

# HINTS FOR HOMEOWNERS

## The Importance of Regular HVAC Maintenance for Home Comfort and Efficiency

(NAPS)—Whether you're staying cool during the summer or keeping warm in the winter, your HVAC system is a year-round necessity. However, to ensure it operates efficiently and lasts for years, regular maintenance is essential. Here's a look at why HVAC system maintenance matters, the benefits it offers, and simple steps homeowners can take to keep their systems functioning properly. Clean HVAC systems save you money and energy.

### Why Regular HVAC Maintenance Matters

Many homeowners take their HVAC system for granted—until something goes wrong. Routine maintenance helps prevent costly breakdowns, improves energy efficiency, and extends the lifespan of your equipment. Here's why it's crucial:

#### 1. Improved Energy Efficiency

A well-maintained HVAC system uses less energy to heat or cool your home. When filters are clogged, ducts are dirty, or parts are worn, the system must work harder, increasing energy consumption and utility bills. When cleaned, significant energy savings are seen, with reductions in fan/blower energy consumption ranging from 41% to 60%.

#### 2. Enhanced Indoor Air Quality

Your HVAC system filters airborne particles such as dust, allergens, and pet dander. When these filters are dirty or neglected, they can reduce indoor air quality, potentially leading to respiratory issues and allergies. The American Lung Association states, "Properly maintaining your HVAC or central air system and upgrading your HVAC filters can improve your home's air quality."

#### 3. Extended Equipment Lifespan

Just like a car, your HVAC system requires regular tune-ups to function properly. Preventive maintenance helps identify and resolve minor issues before they escalate into major, costly repairs or system failures. According to a study by the National Air Duct Cleaners Asso-



**Your HVAC system plays a crucial role in maintaining a comfortable and healthy indoor environment.**

ciation (NADCA), "cleaned HVAC systems show decreased dependence on backup equipment, implying possible cost savings in longer-term operational and maintenance expenses."

#### 4. Reduced Risk of Breakdowns

No one wants their air conditioner to fail during a heatwave or their furnace to stop working in the middle of winter. Routine maintenance reduces the likelihood of unexpected breakdowns, ensuring your home remains comfortable year-round.

#### 5. Cost Savings

Investing in maintenance is much cheaper than dealing with emergency repairs or premature HVAC replacements. Many manufacturers also require routine servicing to maintain warranty coverage.

### How NADCA Helps You Have Cleaner Air

NADCA sets the industry standard for air duct cleaning, ensuring that professionals follow strict guidelines for thorough and effective cleaning. They use specialized tools and techniques to properly clean and remove contaminants. You get high-quality service backed by industry standards. Regular duct cleaning not only improves indoor air quality but also enhances the efficiency and longevity of your HVAC system. You can find a certified professional at [NADCA.com](http://NADCA.com), and learn more at [breatheclean.com](http://breatheclean.com).