

# The Building Blocks of a Comfortable and Energy-Efficient Home

Energy-efficient houses use less energy, minimize heating and cooling costs, and offer more consistent, whole-home comfort as well as healthier, cleaner indoor air. But where should you start to upgrade your home? Here are five of the most important ways to improve the efficiency and comfort levels in your St. Louis home today.



## Insulation

Insulation slows the transfer of heat in and out of your home, and it works just as well in the summer to keep heat out of your home as it does in the winter to keep heat from escaping. Plus, with properly installed insulation, your HVAC system won't have to run as often to maintain your desired comfort levels, saving you money and reducing wear and tear on your unit.



## Air Sealing

Air Sealing and insulation go hand in hand - while insulation plays a significant role in energy savings in a home, its role in reducing air infiltration is negligible. Minimizing air infiltration is dependent on air sealing the holes and gaps in your home's exterior. Proper air sealing will keep harmful pollutants and contaminants outside, keep your indoor temperatures stable and improve your home's efficiency.



## Heating and Cooling

The more efficiently your heating and cooling units are running, the more money you'll save. You can help your existing system run efficiently with regular tune-ups, or for a big boost, you can replace your old and aging system with a newer model that has a higher efficiency rating.



## Ventilation

As you increase the efficiency of your home, you'll want to take steps to keep air pollutants and moisture from building up inside. Properly vented bathroom exhaust fans and range hoods are a good start, but most energy efficient homes go a step further, with mechanical fresh air systems like ERVs (energy recovery ventilators) that cycle in filtered outdoor air while keeping your indoor air at a consistent temperature.



## Filtration

A comfortable home is one with healthier, cleaner air, which is why it's important to take active steps to reduce indoor air pollutants such as VOCs, mold, dust, pet dander, and more. HVAC filters with high MERV ratings can trap very small particles and pollutants, helping you create a healthier, more enjoyable indoor environment for your family.

**Get your home on the path to higher energy efficiency with the #1 whole-home performance company in St. Louis—SmartHouse Heating and Cooling. Contact us today and tell us about your house.**



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