Enjoy a healthy winter with the optimal indoor climate
Air is the basis of our lives. Every day, we breathe in and out 20’000 times on average, which corresponds to around 12’000 liters of air - and we need that daily. The quality of this air has a direct effect on our well-being and productivity. An optimal air humidity plays an important role. This is measured with a hygro-meter (e.g. Selina by Stadler Form). For homes and offices, a relative humidity of 40 % to 60 % is perceived as pleasant and recommended. Especially for the bedroom these values enhance the nightly rest noticeably. Air humidifiers improve indoor air quality by maintaining optimal humidity of the air. This guide provides basic information on air humidifiers and helps you to choose the best appliance to meet your needs.
ADVANTAGES OF OPTIMALLY HUMIDIFIED AIR

- **Your nose, eyes and skin will no longer feel dry:** You will feel more comfortable at home.
- **The risk of catching the flu is reduced:** The influenza virus survives for less time in rooms with optimum humidity. There will also be less stress on your mucous membranes and less chance of you falling ill.
- **You and your family will sleep better:** Dry air is not good for you. Enjoy better and more restful sleep when the humidity is optimal.
- **You will be able to concentrate better:** You will feel less listless and tired and your ability to concentrate improves.
- **Dust exposure will be reduced:** Allergy sufferers in particular can take a deep breath, moist air binds dust particles.
- **Furniture, wooden floors and paintings will be protected:** Cracks and deformation will be avoided.
- **Instruments will not de-tune:** You do not need to frequently retune pianos, guitars and violins.

Dry air primarily occurs in winter, when heating is used a great deal and indoor humidity often falls below 30%. Opening the window doesn’t help; quite the opposite, the air in the room becomes even dryer. Outdoor air at a temperature of around 0 °C can only hold 4 grams of water per cubic meter. However, at an indoor temperature of around 20 °C, the air can hold 20 grams per cubic meter. Even if the relative humidity outside is 69%, this corresponds to a relative humidity of just 18% inside. This moisture deficit can only be overcome with the aid of an air humidifier.

**The ideal relative air humidity recommended by doctors is 40% to 60%**.
EVAPORATOR

This technology adopts the natural principle of evaporation. Evaporation filter cassettes soak up water. A fan is used to draw dry indoor air through the filter, which transfer their moisture to the air. Over-humidification with this technology is not possible. Evaporators are very efficient and use low power consumption.

ULTRASONIC NEBULIZER

A membrane that vibrates using ultrasound produces smallest droplets of water which are then diffused into the room using a fan, where they evaporate. The visible mist is cold and harmless to children. Ultrasonic nebulizers do not use much power and reach a high performance. Because limescale particles are spread around the room together with the water droplets, an ultrasonic nebulizer must always be used with an anticalc cartridge.

VAPORISER

The water is brought to the boiling point inside the device until germ-free water steam is created. The steam spreads perfectly throughout the room and increases the humidity very effectively. This germ-free steam is ideal for allergy sufferers. Vaporisers are highly productive, and they should therefore always be controlled by a hygrostat. Because the heating element becomes scaled over time, the device must be descaled regularly.

AIR WASHER

Air washers are a combination of air humidifier and air purifier. Special evaporator discs absorb the water and a fan blows dry indoor air over the rotating wet discs. The moistened air is then diffused throughout the room. The air washer is a high performance humidifier and uses low power consumption. The air washer can also «wash» large to medium particles out of the air.

Note: Which is the right air humidifier for me?
Air humidifier advisor: www.stadlerform.com/advisor
CLEANING AND HYGIENE

If you actively humidify the air in your room, you must take care of the hygiene of your humidifier. The following should be noted:

- If you do not use the air humidifier, empty the water from the device and the tank
- Even if no heavy scaling can be seen, clean the device weekly to avoid the growth of bacteria and germs
- You should descale the humidifier regularly, depending on the hardness of the water (especially applicable to vaporisers)
- Use the Ionic Silver Cube™ to inhibit the growth of bacteria and germs in the water
- Replace any accessories regularly (filter cassettes, anticalc cartridges, anti-limescale balls, Ionic Silver Cube™)
**Overview**

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**STRENGTH**
- Fast humidification
- Steam is free of germs and minerals
- Hygrostat (desired humidity can be selected)
- Optimal distribution of humidity in the room
- Quiet operation
- Low power consumption
- Convenient maintenance
- Hygrostat (desired humidity can be selected)
- Night mode (dimmed LED’s)
- Suitable for use of fragrance
- Suitable for water of descaling systems and all degrees of water hardness
- Quiet operation
- Low power consumption
- Preheating (reduces bacteria and increases output)
- Hygrostat (desired humidity can be selected)
- Night mode (dimmed LED’s)
- Variable output control
- Hidden operation element
- Quiet operation
- Low power consumption
- Especially made for the uses of fragrances
- Night mode (dimmed LED’s)
- Hygrostat (desired humidity can be selected)
- Auto mode
- Night mode (dimmed LED’s)
- Cleaning mode
- Suitable for all degrees of water hardness
- Suitable for fragrances
- Filters particles out of the air

**IMPORTANT TO KNOW**
- Suitable for up to 50 m²
- Anti-limescale ball reduces lime deposits on heating plate
- Not suitable for water from central descaling systems that add salt to the water (ion exchanger)
- Not suitable for fragrances
- Suitable for up to 65 m²
- Ionic Silver Cube™ inhibits growth of germs and bacteria
- Not suitable for very hard water (> 21 dH°)
- Not suitable for fragrances
- Suitable for up to 25 m²
- Ionic Silver Cube™ inhibits growth of germs and bacteria
- Not suitable for very hard water (> 21 dH°)
- Suitable for large rooms up to 80 m²
- Ionic Silver Cube™ inhibits growth of germs and bacteria

**MAINTENANCE**
- Must be descaled regularly
- Anti-limescale ball must be exchanged regularly (depending on the water hardness)
- Filter cassettes must be exchanged regularly (every 2 – 3 months)
- Replace Ionic Silver Cube™ every year
- Exchange anticalc cartridge regularly (depending on water hardness)
- Must be descaled regularly
- Replace Ionic Silver Cube™ every year
- Exchange anticalc cartridge regularly (depending on water hardness)
- Must be descaled regularly
- Replace Ionic Silver Cube™ every year
- Must be cleaned regularly (particles remain in water tray)
- Cleaning mode for easy and convenient descaling
- Replace Ionic Silver Cube™ every year

**HUMIDIFIER GLOSSARY**

**Humidifier performance:** Shows how many grams of water the humidifier can discharge into the air in the room in one hour.

**Room size:** Depending on the system and model, a range of room sizes can be humidified. Please see the manufacturer’s information. For larger rooms, it is necessary to use several devices to achieve the desired humidity level. The area of the room is used to calculate the room size, as well as the height of the room.

**Hygrostat:** The hygrostat can be used to set the desired relative air humidity. The device switches off automatically when the desired humidity is reached. If the humidity falls, the humidifier switches on again.

**Germs and bacteria:** Whenever water is left standing, germs and bacteria can develop. This problem is avoided with vaporisers, because the water in the device is boiled, but for all other systems, we recommend the use of the Ionic Silver Cube™ to inhibit growth.

**White Dust:** «White dust» occurs with ultrasonic nebulizers because these emit limescale particles into the air. The problem can be reduced by using an anticalc cartridge.

**Water Hardness:** The composition of tap water differs greatly on a regional basis. If you have very hard water (more than 21 German degrees), we recommend the use of an evaporator or air washer.
Since 1998, Stadler Form has been manufacturing elegant and useful household appliances. We work with passion on innovations for the home and focus on improving the air and the indoor climate. Our products not only fulfill their functions convincingly, but also fit perfectly into every home and are helpful roommates to our customers. Further information and details of products from Stadler Form can be found at www.stadlerform.com