

# Maximizing Your Home's Health and Comfort

Looking to make your house more comfortable and energy efficient? Homes are complex systems, and they're all a little different. Homeowners interested in creating a healthier indoor environment have options to choose from, but how do you know which one is right for you?

An energy audit from a qualified team of building scientists can help get to the bottom of the particular issues you're experiencing. Here are some of the most common upgrades you might be recommended following your home's audit:

## Air Sealing

Even very tiny cracks and gaps in the building exterior can lead to lots of air leakage. This creates indoor drafts and energy loss, and can also introduce outdoor air pollutants. Air sealing slows air movement and can improve the performance of your insulation as well.

## Ventilation

Other home upgrades help keep outside air pollutants from getting in, but what about the air quality hazards that originate inside your home? Proper ventilation ensures that the air in your home doesn't become stale or full of pollutants, making the air you breathe cleaner and healthier.

## Windows & Doors

Old windows and doors can be significant sources of energy loss in a home. Replacing them with newer, more energy-efficient models can save you money while keeping you comfortable. And they can give your home a real makeover too!

## Soundproofing

It's hard to be comfortable in your home without peace and quiet. Whether it's ambient noise from outside or your interior walls just feel really thin, professional soundproofing can make a significant difference in how much you're able to enjoy living in your house.

## Insulation

Proper insulation works year-round, keeping heat inside your home in the winter and outside in the summer. Upgrading your home's insulation takes the stress off your HVAC system and creates more even indoor temperatures.



**Find the right home performance solution for your house.  
Contact Home Energy Medics today and schedule a home energy audit.**

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