Healthy Home Humidity Cheat Sheet

Dryzen



Under 40%: irritates eyes and airways.

40-60%: the healthy band. Mites struggle under about 50%.

Over 60%: mould can grow in room air. Wall mould needs the surface at about 75-80% for weeks.

ROOM TARGETS (ALL 40-60%)

Room	Watch for
Bedroom	Overnight build-up; aim near 50%
Bathroom	Fast spike; fan on, door shut
Kitchen	Cooking spikes; lids on, extractor
Utility	Indoor drying; vent the dryer
Loft	Cold surfaces; staining
Cold outside walls	Surface can be damp when the room reads fine

SALT TEST (CHECK YOUR HYGROMETER)

1. Mix table salt with a little water to a wet paste in a lid.
2. Seal the lid and hygrometer in an airtight tub, not touching.
3. Leave 8 hours or overnight at steady room temperature.
4. A perfect hygrometer reads about 75%.
5. Correction = 75 minus your reading. Apply it to every reading.

PLACE IT

Inside wall, 1 to 1.5 m high, away from kettle, shower, radiator, window and sun. One per floor plus your worst room.

READ YOUR BASELINE (OVERNIGHT OR ALL-DAY LEVEL)

Baseline	What to do
Under 40%	Dry. No dehumidifying; check heating and ventilation.
40-60%	Healthy. Keep logging now and then.
60-70%	Damp side. Find the moisture source; check cold walls.
Over 70%, sustained	Act now: source, ventilation, even heat. Suspect a leak if no cause.

EARLY SIGNS (CHECK IN ORDER)

1. Stain that follows rain, a pipe or a roof: suspect a leak. Repair it first.
2. Morning condensation, clammy cold corners, musty smell: condensation. Log a week.
3. Clean visible mould from hard surfaces with a mould and mildew product, then fix the moisture.
4. Widespread or returning mould, or breathing problems at home: get advice.

WEEKLY LOG (TWICE A DAY, SAME TIMES)

Day	Time	Room	°C	% RH	Notes (shower, washing, weather)
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Baseline over 60% for days, or wet windows and cold walls? Find the source, ventilate, heat evenly. A dehumidifier does not fix leaks or remove existing mould. Sources and the dew point calculator: dryzen.co.uk/humidity-guide/ (last reviewed 5 October 2026).