

# Myth Busting: Air Conditioning and Fresh Air



As temperatures continue to rise across the globe, there has been an increasing demand for air conditioning systems for optimal indoor comfort. Air conditioning is popular not only in commercial spaces but also in homes.

However, some things about air conditioning in homes need to be clarified. There are some common misunderstandings which this article will help explain.

## **Busting the “Myths”**

Many people believe that domestic air conditioning units make the air in a room “fresh” but is this truly the case?

The answer is: NO. This is a common misconception that needs to be clarified. Here’s the Truth: most air conditioning systems do not “ventilate” (supply air to or extract air from) a room or building, but rather they are designed to recirculate air that is already present, cooling or heating it as desired.

We will explore this misconception and explain why it is essential to understand how air conditioning works and how using these systems alongside the [FLUXO](#) by VENTI is a healthier option.

## **Scientific Research**

First, let’s start with some basic science. We breathe in oxygen and breathe out carbon dioxide (CO<sub>2</sub>). CO<sub>2</sub> is a colourless and odourless gas naturally in Earth’s atmosphere. The concentration of CO<sub>2</sub> in the air varies depending on several factors including;

1. The number of people in a room,
2. The ventilation efficiency, and
3. The outdoor air quality.

High levels of CO<sub>2</sub> can lead to drowsiness, headaches, and reduced cognitive function.

## **The Function of Air Conditioning Units**

Let’s examine the function of air conditioning units. The primary function of an air conditioning unit is to cool (or heat) the air inside a room or building, and they do this through a closed circuit system. Through use of a refrigerant, AC units are able to absorb heat and remove heat from the air, then release it into the atmosphere outside.

## **The problem..**

However, air conditioning units do not extract stale air; they just recirculate already present air. This means that whilst they filter out physical particulates such as dust and pollen, the same air is being cooled and circulated continuously without introducing fresh air. This results in the concentration of CO<sub>2</sub> (and other gaseous pollutants such as Carbon Monoxide, Radon, TVOCs etc.) in the air to increase over time especially in buildings with poor ventilation, because fresh air is not being consistently introduced.

## **Our Solution**

At VENTI, we know the most effective way to ventilate a room (make the air fresh) is through continuous, alternating air movement by exchanging old stale air from inside with fresh clean air from outside. The FLUXO by VENTI is the perfect way to ventilate habitable spaces! Our FLUXO combats the build up of CO<sub>2</sub> and other pollutants through removing this stale air and providing fresh air.

## **No more trickle vents!**

FLUXO is the perfect [alternative to trickle vents](#) . It not only provides consistent & efficient air exchange, it also retains indoor temperature. Our FLUXO works on a constant alternating cycle by supplying fresh filtered air from outside for 70 seconds, then reversing and extracting the stale air from the outside for 70 seconds. This keeps the air in a room fresh and effectively combats damp and mould.

**VENTI is propagating the #CleanAirMovement to combat the uninhabitable living conditions suffered by many Britons due to poor ventilation.**

## **To Conclude:**

Most air conditioning units won't provide fresh air into a room, so must be used with proper mechanical ventilation. Using the FLUXO by VENTI alongside your air conditioning will drastically improve living conditions through optimising Indoor Air quality.