

Introduction

We love summer! No school for the kids, lots of sun, and warm temperatures are on the way. What could go wrong?

Well... it could get TOO hot. And then, worst of all, AC issues could arise. Do you feel prepared for air conditioning season?

We're here to help with **Our Ultimate Air Conditioning Guide**. Keep reading to learn about picking the perfect air conditioning, common AC issues, the importance of a yearly tune up, and more.

WHEN IT COMES TO A/C, SIZE MATTERS

As the cooler months come to an end, it's time to prep for the summer heat. For some, it may be time to install a new air conditioning. When making the decision, there are a lot of things to consider, including price, brand, and energy rating.

One thing that should never be overlooked is the size of your air conditioner, as getting the right size can make a huge difference.

Air Conditioner Too Big?

An air conditioner that is too big for your space may cool it down quickly, but there are some major cons that can come with too large a unit

When an air conditioner cools a room too quickly, it will cycle on and off more frequently.



This can put much more wear and tear on a system compared to one that is appropriately sized

Plus, you'll spend more on maintenance and repairs.

Whenever the unit is running, you're likely consuming more energy than necessary to keep the room cool.



Air Conditioner Too Small?



A unit that is too small will run around-the-clock.

This will drive up your energy bill. Plus, it may never reach your desired temperature, meaning you'll have an uncomfortable summer.



What to Consider When Sizing a Central Air Conditioning Unit



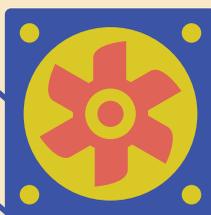
Square footage of the space you want to cool



Your home's insulation



The climate in your area



The layout of the rooms in your home



Call a Professional

When it comes to choosing a central unit, it pays to consult an HVAC professional who can consider all these factors and present you with the pros and cons of choosing between two sizes if you're right on the borderline.

Your local HVAC professional can help you take accurate measurements and assess all these variables if you're considering a home cooling upgrade. [Contact your local pro today for guidance!](#)

HOW TO AVOID HEADACHES RELATED TO AIR CONDITIONING

Does air conditioning cause headaches? Unfortunately, for some people, the answer is yes. AC is a necessity during the summer in many parts of the country, but too many homeowners pay the price.

There are a variety of reasons why air conditioning could cause headaches* and contribute to your discomfort:

<h2>Dehydration</h2> 	<p>While the air conditioner is cooling off the air, it can also draw all the humidity out of it. This is great up to a point, but if the air gets too dry and you don't consume enough water, you can end up with a dehydration headache.</p>	<p>Combat this effect by running a humidifier in conjunction with the AC and making sure that you drink plenty of water during the day.</p>
<h2>Excessive Noise</h2> 	<p>If the air conditioning unit is too loud, or if it happens to make sounds on a frequency that bothers you, your head will pay the price.</p>	<p>If you think the air conditioner compressor noise is the source of your problem, you might be able to adjust the unit, or you may need a new model altogether.</p>
<h2>Chemicals and Allergens</h2> 	<p>Your AC unit could be circulating more than just cold air. If you have a forced-air system and the vents aren't clean, the unit could be sending dust, pollen, and other allergens all over your home. Furthermore, if you use harsh cleaning chemicals in your home or office, and don't have adequate ventilation, the air conditioner will just blow the toxic irritants into your airspace again and again.</p>	<p>You can address the problem by giving your HVAC system a thorough cleaning and making sure that your indoor space is properly vented.</p>
<h2>Blood Vessel Contraction</h2> 	<p>When you get too cold, the blood vessels in your brain can contract, which is one potential cause of a headache.</p>	<p>Try turning the temperature up a few notches and see if that helps soothe your symptoms.</p>

If you're convinced that the air conditioner is the cause of your headaches, have a technician come to conduct maintenance, cleaning, and repairs and see if that helps. **Contact your local One Hour Heating & Air Conditioning who are always available to help!**

** For migraines or serious reoccurring headaches, you should consult a physician.*



SHORT CYCLING IS A BIG PROBLEM



When an air conditioner cycles on and off in rapid succession, it's a problem called short cycling. And it's a big deal -- short cycling not only harms the energy efficiency of your home's largest energy-consuming appliance, but it also puts excess wear on your equipment, leading to more frequent breakdowns and repairs.

Short cycling can be caused by a variety of factors, and they all need to be corrected as quickly as possible to minimize the expense and save your equipment.

Refrigerant loss or leak

Low refrigerant can also cause short cycling by overheating the condenser. This should always be investigated by an HVAC expert because any leak will need to be detected and repaired.

Dirty air filter

When there's insufficient airflow through your system, it has to work harder. If it works too hard, it could overheat and shut off automatically. When there's an extreme air clog, short cycling is one possible result.

Ice buildup on the evaporator coils

This problem can have its own causes, but iced-over coils can easily lead to short cycling. A knowledgeable HVAC technician should diagnose this issue.

Thermostat problems

Sometimes the issue isn't with the air conditioner at all, but rather with a malfunctioning thermostat. Refer to your thermostat owner's manual for troubleshooting tips, or call an HVAC professional to test for problems.

An oversize issue

One of the most common causes of air conditioner short cycling is an air conditioner that is too big and powerful for space it's designed to cool.

Pay close attention to your air conditioner's cooling cycles, and if you notice signs of short cycling, don't wait to address the issue. Your energy and repair bills will just continue to rise until your local AC repair experts can diagnose and fix the problem! [Contact us today to get the help you need!](#)

THE IMPORTANCE OF AN AIR CONDITIONER TUNE UP

An annual air conditioner tune-up, ideally performed in spring, is the best way to prepare your air conditioner to go the distance of the hot summer months. Homeowners who ignore this essential maintenance pay for that mistake, both in the form of higher energy bills and more frequent, costly breakdowns.

HERE ARE THE MOST IMPORTANT WAYS YOU CAN SAVE BY BEING PROACTIVE:

Improve your system's efficiency

A thorough tune-up involves cleaning, testing, and adjusting the entire system for peak efficiency. All air conditioners lose efficiency as they age, and units that aren't maintained become inefficient much faster. Maximizing your system's efficiency is the key to controlling your utility bills, and it helps your home cool down faster!



Accurately plan for replacement

No air conditioner lasts forever, and if you get yours tuned up every year, you can talk to your HVAC tech about when to ideally replace your unit. By planning for the year ahead, you'll be able to save up and position yourself to take advantage of big sales.



Give your air conditioner a long life

Lack of maintenance can take its toll, shaving years off the life of an air conditioner. But if you maintain your system annually, the opposite can happen -- you can make your unit last longer than average, potentially saving you thousands over the many years you'll own your home.



Fix small problems, skip big ones

Air conditioners are complex systems, and small, cheap-to-fix problems can grow into big, expensive ones if left unaddressed. This can even happen when your air conditioner seems to be working fine. But if you tune up your system every year, you'll catch these problems early and save.



Avoid emergency service calls

Many unexpected system breakdowns can be avoided altogether with preventative maintenance. By scheduling an air conditioner tune-up every year, you'll stay one step ahead of emergency repairs.



When it comes to air conditioner tune-ups, it's a job for the pros. The trained eye of your technician is what will allow you to get ahead of bigger problems that are coming down the pike. So, when you have your system tuned up by a licensed pro, be sure to ask about its condition and what you should expect in the years to come.

If you're ready to schedule your system tune-up, reach out to your local [One Hour Heating & Air Conditioning](#) today.

OUR COMFORT SPECIALISTS ARE HERE TO HELP

At One Hour Heating & Air Conditioning, our team takes the frustration out of air conditioning repair, installation, and maintenance.

Air conditioning services we provide include:

AC Repairs

If your air conditioning is not working correctly, we'll come to your home and diagnose the problem quickly. If a repair is the best option for you, we'll make sure it is done quickly and correctly. One Hour Air Conditioning & Heating locations make sure that their vehicles are well-stocked, so many repair jobs can be accomplished on the same visit as the estimate!



AC Installation

Sometimes an old air conditioning unit needs to be replaced for cost, efficiency, or other reasons. However, choosing an air conditioner is never a one-size-fits-all situation. Our AC pros come to your home to determine precisely which air conditioner will work best for you. We'll always work with you to consider your budget, preferences, and other factors important for you and your home's comfort.



AC Maintenance

Maintaining your air conditioner is important because it can help your unit last longer. In fact, the U.S. Department of Energy estimates homeowners could make their unit between 5 and 15 percent more efficient just through regular filter replacements! Additionally, some manufacturer and repair warranties require annual system maintenance to remain valid. We offer a range of annual maintenance plans to fit various budgets and needs. Our plans also include member perks, such as priority service and discounts on products and repairs.



When You Need Reliability, Choose One Hour Heating & Air Conditioning

At One Hour Air Conditioning & Heating, we've built our entire business around the idea that our customers deserve the best possible treatment, starting with trustworthy technicians. In many instances, local One Hour locations are owned by technicians who have been serving and building trust with their local community for decades.

Every one of our technicians is licensed, qualified, and receives regular training to stay up-to-date with the latest developments and products in the industry. We want you to be happy, so we back all of our work with a third-party guarantee. This way, you can be certain that we are accountable to provide a high level of service on every visit.

Our HVAC pros are ready to keep your house comfortable and prolong the life of your AC unit. [Request an appointment with our team today!](#)

