Gary Air Warns Sarasota Homeowners That Florida Homes Get More Humid as the Weather Cools

SARASOTA, FL, UNITED KINGDOM, September 21, 2026 /EINPresswire.com/ -- Gary Air is encouraging homeowners across Sarasota and Manatee County to start tracking indoor humidity as the region moves out of peak cooling season, warning that the most common moisture problems in Florida homes appear when the weather improves rather than when it is at its worst.

The reason is mechanical. An air conditioner dehumidifies as a byproduct of cooling. Warm, moist indoor air passes over a cold evaporator coil, water condenses on that coil, and it drains away. The system only does this while it is running.

Through July and August, that is most of the day. From October onward, outdoor temperatures ease while dew points stay high, so the thermostat is satisfied in a fraction of the runtime. The house feels cooler and the air gets wetter at the same time. Homeowners generally read the improvement in outdoor weather as a reason to stop thinking about their system, at exactly the point it is doing the least moisture removal all year.

The number that matters

The Environmental Protection Agency advises keeping indoor relative humidity below 60 percent, and ideally between 30 and 50 percent. Sixty percent is the threshold where microbial growth becomes the concern, which is why the first sign for most households is a smell rather than a reading.

An inexpensive hygrometer settles the question. Gary Air suggests homeowners put one in the main living area and another in a bedroom or closet on an exterior wall, and watch what happens to the numbers as cooling hours drop over the next several weeks.

Two things that quietly make it worse

Equipment sizing is the first. An oversized air conditioner removes heat faster than it removes moisture. It satisfies the thermostat before completing a meaningful dehumidification cycle, shuts off, and leaves the moisture behind. The result is a house that is cold and clammy rather than cool and dry, alongside short cycling, uneven temperatures, and added wear. Bigger is not

better in a humid climate, which is the single most useful thing a Florida homeowner can know before replacing a system.

The thermostat fan setting is the second, and it is counterintuitive enough that many households have it wrong. Research from the Florida Solar Energy Center found that in fan AUTO mode moisture is not re-evaporated back into the living space, while continuous fan operation pushes air across a coil still wet from the previous cycle and returns that water to the house. FSEC also noted the knock-on effect: higher indoor humidity prompts people to lower the thermostat just to feel drier, which raises energy use without addressing the cause. ENERGY STAR guidance likewise recommends AUTO rather than ON, and disabling supply fan overrun, where humidity is a concern.

What actually fixes it

Chasing humidity with a colder setpoint is the most common response and the least effective. Where a home runs persistently above 60 percent through the cooler months, a whole-home dehumidifier addresses moisture directly rather than as a side effect of cooling, and allows a higher, more comfortable thermostat setting.

Other contributors worth checking include duct leakage on the return side, which pulls humid attic air into the system, a dirty filter or coil restricting airflow and moisture removal, and condensate drainage that is not clearing properly.

Gary Air installs and services dehumidifiers, performs duct cleaning and ventilation work, and offers HEPA filtration and UV purification alongside cooling and heating service. The company can be reached at 941-957-0049.

About Gary Air

Gary Air is a veteran-owned, locally operated, independent HVAC company serving Sarasota County, Manatee County, and the surrounding region. Services include air conditioner installation, repair, and maintenance, AC tune-ups and inspections, ductless mini-split installation and repair, furnace installation and repair, heat pump service, thermostat installation, air duct cleaning, dehumidifier installation and repair, UV air purifiers, HEPA filtration and ventilation improvements, and commercial HVAC. The company holds a 4.9-star rating across more than 1,000 reviews and offers maintenance plans, background-checked technicians, and white-glove cleanup on every visit. Gary Air is located at 1891 N East Ave, Sarasota, FL 34234.

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