



sleep . . . does anyone get Enough?

Lack of sleep is our top health problem. Nearly half of all Americans have difficulty sleeping. And that can mean more than just falling asleep at work. Fatigue is dangerous.

We need sleep to survive. Those who sleep fewer than six hours a night don't live as long as those who sleep seven or more. And studies show that more accidents occur because of fatigue than alcohol. In fact, almost 40% of heavy truck accidents are caused by fatigue.

So—what should you do to ensure that you regularly sleep well? Try these ideas:

- ◆ Maintain a regular bed and wake time schedule. Yes—even on weekends.
- ◆ Establish a relaxing bedtime routine—like soaking in a warm bath, reading a book, or listening to soothing music.
- ◆ Make sure your bedroom is conducive to sleep—dark, quiet, comfortable and cool.
- ◆ Don't read or work in bed. It's also a good idea to keep work materials, such as desks and computers—out of the bedroom.
- ◆ Don't eat within two to three hours before you go to bed.
- ◆ Exercise regularly—but at least two hours before bedtime.
- ◆ Avoid alcohol, nicotine and caffeine close to bedtime. They can lead to poor sleep or disrupt sleep later in the night.



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the bear facts

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Spring
Summer 2012

TAKE A DEEP BREATH...

of Dusty, Moldy, Germy, Chemical-filled Air

Yes, your home is a haven for pollutants. You would breathe better outside. . . except pollen and allergen counts are at an all time high this year. So let's try to eliminate some of the common sources of indoor air pollution.

The problem: Depending on what they are made of, carpets and paint can both emit chemicals and odors. Upholstered furniture and drapes, even if cleaned regularly, can harbor dust, irritants and pet dander. Homes with smokers can have second hand smoke clinging to all surfaces.

The solution: Dust can't be entirely eliminated, but vacuum and dust surfaces in the main living area as often as possible. If you have a family member with severe allergies – replacing carpet with wood or tile can be an excellent solution. Smokers should be encouraged to smoke outside. An Air Purification device or Ultraviolet lights also offer very effective ways to eliminate irritants, bacteria, and odors from the air in your home. Your Robért Refrigeration professional can give you information on purification products that could help you.

The problem: Bedrooms can harbor dust mites, dander and other allergens and respiratory irritants. Cleaning products often contain VOCs (volatile organic compounds) that release chemicals that can lead to respiratory irritation and liver or kidney damage.

The solution: If building a new home, use furnishings, floor and window coverings that have minimal or no chemical treatments. Low VOC paint and new "organic" cleaning supplies that are VOC-free, will help you avoid the release of chemical gases into your rooms. Always wash sheets and other linens regularly. This can considerably cut down on the amount of dust in sleep areas.

get the Inside Story

Welcome to the Spring & Summer edition of The Bear Facts, a newsletter published by Robért Refrigeration Air Conditioning & Heating.

Spring sprung early this year. We saw new growth on trees, flowers blooming and an early onset of allergy season this year! But whatever the date may be, the arrival of spring is always welcome. This edition is dedicated to making spring even more enjoyable with articles on growing your own vegetables, making your home's air easier to breathe, information on duct work that can help lower your utility bills.

We would also like to share some very exciting news with you. Cousins, Kenny Robért Jr. and Ron Robért, are continuing the tradition of excellence begun by their fathers and their grandfather. They are now third generation co-owners of Robért Refrigeration and have re-dedicated Robért to excellence in all areas of customer service. Whether you need a simple repair or you want to install a new system in an old, historic home, Robért Refrigeration is committed to your comfort. 100%

Sincerely,
Kenny Robért, Jr.
Ron Robért
Robért Refrigeration



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DOES YOUR DUCT SYSTEM SUFFER FROM "HIGH BLOOD PRESSURE"?

Think of your indoor blower fan as the "heart" of your comfort system. It is there to "pump" conditioned air throughout your house. Without a properly functioning indoor fan, your air conditioner cannot effectively deliver their full capacity to your home.

In a human body, the condition of the circulatory system greatly affects the hearts performance. If the arteries

are clogged or constricted, your heart has to work that much harder to deliver blood throughout the body.

The return air and supply ducts of your system are the equivalent of the body's circulatory system. Undersized or restricted ducts put a lot of stress on your blower which, in turn, causes the overall cooling and heating system to work much harder. It's like your comfort system has high blood

pressure! That means your home won't be as comfortable as it could be, it will cost more to cool it and your system could fail sooner than normal.

What are the symptoms? Noisy or whistling grills and registers. Higher than average energy bills. Low air flow throughout the house. Heating and cooling systems "not keeping up" during moderately warm or cool weather.

Some of these symptoms can be caused by other things, but there is a possibility that your duct system could be the problem and it should be the first thing checked. If you have any of these symptoms, give us a call. We can check it out and make recommendations for improvements that will help your equipment deliver its full comfort capacity.

here's to your GREEN thumb

A growing trend in area restaurants is to "eat local". In other words, cook and eat locally grown or prepared foods such as produce, eggs, cheeses, artisan breads, to mention a few. Diners are enjoying the ultimate in freshness, flavor and sustainability.

You can do it too. Growing your own produce is one of the key ways to eat healthier and reduce part of your carbon footprint. Your local agricultural extension service can offer invaluable tips on what plants do best in your area. Remember: even a small part of your yard (maybe 5' x 5') could yield enough to keep you in vegetables all summer!

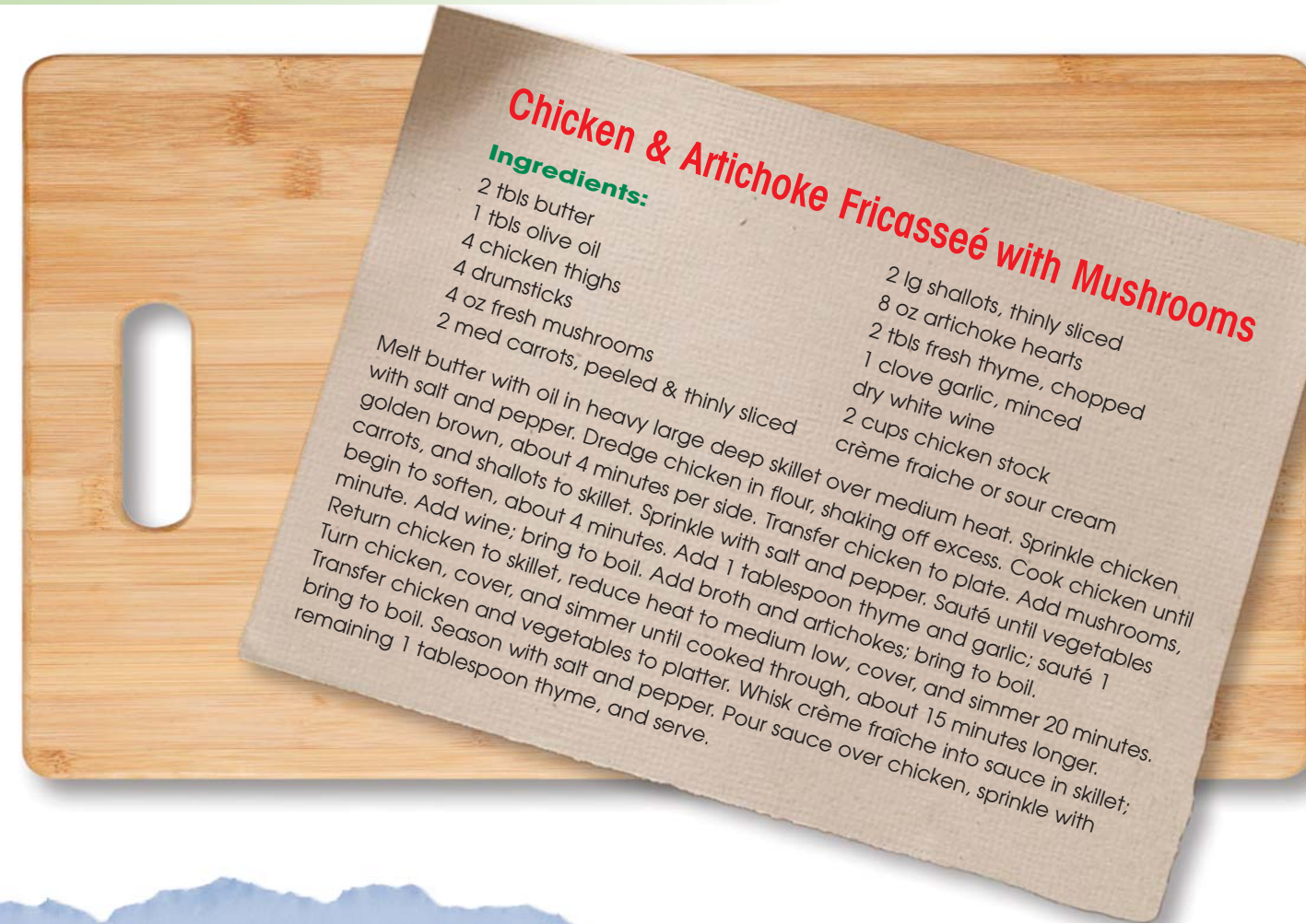
Getting started: Choose a level area with good drainage that receives at least 6 to 8 hours of direct sunlight each day. Next, add some good organic matter to the soil. Put down about 2 to 3 inches of compost then thoroughly till it in.

Then decide which vegetables you'd like to eat that are easy to grow. Beets, carrots, lettuce, radishes, squash, tomatoes, cucumbers and beans are all good choice for beginners.

Now you can get planting: set the tallest crops at the furthest point back and gradually work others towards the front. Plant rows north to south and allow approximately 2-3 feet of spacing between your rows, if possible. Place each crop into the garden at its appropriate planting time-check seed packets or other resources.

Now you just need to do regular maintenance. Make sure to give the garden a good soaking at least once a week. Keep weeds down and help retain moisture by adding mulch.

Once your crop is ready to harvest, pick ripened crops frequently to encourage more production. Now eat up and enjoy!



Congratulations on 10 Cool Years



Brian Bankston



Kevin Perkins



Mike Jambois



Steven Goetz



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