

ORLANDO, FL, September 19, 2013 /**24-7PressRelease**/ -- A key player and one of the leading providers of [HVAC services in Orlando](#) for over a quarter of a century, American Air & Heat warns against some common habits in air conditioning use that needlessly jack up energy consumption and cost.

One of these counterproductive habits is turning on your air conditioning at a colder than normal setting. This does not result in the faster cooling of your home and can cause unnecessary expense at the same time. This [AC company in Orlando](#) also advises using interior fans to spread cool air in your home more efficiently without adding significantly to your power use and expense. Keeping heat-emitting appliances such as TV sets or computers away from your AC thermostat is also an effective energy-saving and cost-cutting practice.

An employee was asked the secret behind the company's long-standing success in a competitive industry. "We always put our customer's needs before anything else. Our technicians are among the best in the business, but aside from their considerable professional skills, they are continually trained to focus on our customers - to understand their needs and to meet them in the most efficient and cost-effective manner possible. Our goal has been and always will be 100 percent customer satisfaction."

If you need [air conditioning service in Orlando](#), turn to the leader and one of the most trusted names in the industry, American Air & Heat. Experience quick, reliable and efficient professional service from this long-time provider of [HVAC service in Orlando](#) and keep your cool in the hot Florida summer months.

Visit <http://americanairandheat.net/>. Let us help you keep your cool.

About American Air & Heat:

American Air & Heat has been around since 1986 and is family-owned and operated. Dan Boni, Owner, established the company to create a local, reliable air conditioning company that could serve his small hometown.

AC Company in Orlando, American Air Heat, Shares AC Tips

Written by Australian Business

For more information, visit <http://americanairandheat.net/> .