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Research Article

IoT Revolutionizes Humidity Measurement and Management in Smart Cities to Enhance Health and Wellness

Pushan Kumar Dutta[1,*], Bhupinder Singh[2], Al-Sayed K. Towfeek[3,4], Jovanna Pantelis Adamopoulou[5], Antonis Nikos Bardavouras[6,7], Wilson Bamwerinde[8], Benson Turyasingura[8], Natal Ayiga[9]

[1] *School of Engineering and Technology, Amity University Kolkata, India*

[2] *Sharda School of law, Sharda University, Greater Noida, India*

[3] *Neural Networks and Computational Intelligence Group, Austin 78701, Texas, USA*

[4] *MEU Research Unit, Middle East University, Amman 11831, Jordan*

[5] *Region of Attica, Department of Environmental Hygiene and Public Health Inspections, West Sector of Athens, Athens, Greece*

[6] *Hippokrateio General Hospital, Athens, Greece*

[7] *Hellenic Open University, Patra, Greece*

[8] *Department of Environment and Nature Resources, Kabale University, Kabale, Uganda.*

[9] *Department of Social Work and Social Administration, Faculty of Arts and Social Sciences, Kabale University, Kabale, Uganda*

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ABSTRACT

This paper sets itself in a context of examining how IoT technology is disrupting and revolutionizing the monitoring and control of relative humidity in different spheres of smart cities with special reference to the enhancement of well-being in the information society. The authors discuss the current emergent research topics in IoT-based humidity sensors, wireless communication systems, and big data analytics for monitoring and controlling the humidity in real time. The paper also presents an outlook into various fields such as agriculture, healthcare, intelligent houses, industries, as well as the environment, and presents an indication of how managing humidity accurately enhances crop productivity, disease prevention, internal air quality, and the general wellbeing of the public. This also covers on the use of artificial intelligence and machine learning for IoT on analysis in terms of prediction and control. Admittedly, there are limitations associated with IoT including data security, compatibility, and power supply issues of the devices, etc. The future development of IoT as described in the paper includes improved sensors, edge computing, and the use of block-chain technology. Therefore, the authors find that IoT techniques for humidity measurement and management are effectively used in the development of healthier, comfortable, and sustainable environments in smart cities to enhance the quality of life.

1. INTRODUCTION

Humidity, the measure of water vapor in the air, plays a crucial role in various aspects of our environment and daily lives. From agriculture to healthcare, industrial processes to smart homes, and environmental monitoring, maintaining optimal humidity levels is essential for health, comfort, and efficiency. The advent of the Internet of Things (IoT) has revolutionized how we measure, monitor, and manage humidity across these diverse sectors. The integration of IoT technology with humidity control systems has been the subject of numerous studies in recent years. Researchers have explored the potential of IoT-enabled sensors for precision agriculture, healthcare environments, and smart building management. In the healthcare sector, IoT-based humidity control has shown promising results in maintaining sterile environments and improving patient comfort. The different research approaches highlight the importance of precise humidity management in hospitals for infection control and equipment sterilization. Similarly, in smart homes and buildings, IoT-enabled climate control systems have been proven to enhance indoor air quality and energy efficiency, as evidenced being a game changer across all walks of our own and businesses life is brought into connectivity between devices which data pass through

*Corresponding author. Email: pkdutta@kol.amity.edu.in

seamlessly [1]. The primary areas where IoT has been able to make strong inroads is the space surrounding measurement and control of humidity [2]. Precise humidity measurement and control are indispensable in agriculture, healthcare, smart homes, industrial processes as well as environmental monitoring. In this paper, it list the hits of Innovations and applications in IoT for humidity measurement & control that has been reshaping practices to be more effective with ease across various domains [3]. Humidity is the measure of the amount of water vapor in air, which can have a large effect on natural and man-made environments. Having the right levels of humidity is crucial in agriculture for crops health and outcomes [4]. Maintaining correct air humidity in the healthcare sector prevents the propagation of diseases and secure an atmosphere for patients. It is crucial to control the humidity in industrial processes, especially manufacturing and storage which had an effect on quality of products production or damage equipment [5]. This also holds true in smart homes and buildings where humidity control is essential for comfort, energy efficiency and preservation of materials. Despite these advancements, there remains a need for a comprehensive examination of how IoT-based humidity measurement and management systems can be effectively integrated into smart city infrastructures to promote health and wellness. This study aims to bridge this gap by exploring the latest innovations in IoT-enabled humidity control, their applications across various sectors, and their potential impact on urban health and sustainability. By investigating the role of IoT in humidity management within the context of smart cities, this research seeks to provide valuable insights into how these technologies can be leveraged to create healthier, more comfortable, and more sustainable urban environments. The findings of this study will contribute to the growing body of knowledge on smart city development and offer practical recommendations for city planners, policymakers, and technology developers working towards improving urban quality of life through advanced humidity control systems. In the digital world, IoT assumes an immense significance in measuring and managing humidity of smart cities to help us lead happier healthier lives [6]. IoT technology can provide you with accurate measurements of relative humidity and in real time, which is necessary to ensure the best indoor air quality (IAQ) so as not to harm our health because excess or lack of moisture would cause respiratory diseases, produce molds that feed on them. unite food scraps present at home with great family concerns such as viruses; like colds and flus from SARS-CoV-2 another common discomfort caused by poor air condition does away dry skin. In healthcare, an IoT system ensures this in maintaining accurate humidity levels which is essential for infection control and patient recovery [7]. Smart thermostats optimize air quality and comfort in residential and commercial buildings with real-time humidity data to decrease health risks, enhance overall well-being [8][9].

The use of the IoT to manage humidity in public spaces such as schools, offices and transportation hubs will improve IAQ while curbing the spread or airborne diseases ultimately improving overall public health [10][11]. And the deployment of AI and machine learning in conjunction with IoT systems allows for predictive maintenance and proactive interventions to keep environmental conditions stable at their optimum all times [12][13]. These advancements all go towards minimising energy, saving on operational costs while lowering carbon footprint [14][15]. In summary, IoT in humidity measurement and control has a significant positive impact on the quality of life in smart cities as it becomes integral to creating healthier, more comfortable and sustainable urban environments [16].

2. ADVANCES IN HUMIDITY MEASUREMENT USING IOT

Smart cities are emerging due to this integration of technologies, in order to make urban spaces smarter and more efficient than before [17][18]. The Internet of Things (IoT) is related to the improvement, because through IoT we can monitor and control in real time several urban parameters [19][20]. Humidity control: A significantly important feature of urban management is humidity. In fact, having sufficient moisture is important for preserving indoor air quality, reducing the transmission of illnesses and maintaining general comfort among city dwellers [21].

2.1 Tech improvements in sensors

This advancement in the sensor technology was further flourished by the IoT providing real-time measurements which led to small, accurate and low power humidity sensors [22]. The sensors work wirelessly to measure real-time humidity levels and send data back to a central monitoring system. Improvements like MEMS (Micro-Electro-Mechanical Systems) sensors, nanotechnology have increased the precision and accuracy of measuring humidity to make it usable in different application domains [23].

2.2 Connectivity and Data Transmission across the wireless

Wireless communication using technologies like Wi-Fi, Bluetooth, Zigbee and LoRaWAN are used by humidity sensors that can take advantage of IoT to communicate with cloud-based platforms where it pushes data in [24]. This connectivity permits to have humidity data in real time and remote access of it from anywhere on planet Earth. This enables the sensors to be integrated with larger IoT ecosystems for more complete environmental monitoring & control [25].

2.3 AI/ML Modeling Integration

The amalgamation of IoT with artificial intelligence (AI) as well as machine learning algorithms has been enabled for predictive analysis and automated control [26]. Historical humidity data can be used by machine learning models to predict future trends and detect patterns. The ability to predict when humidity levels will be suboptimal, and conditions may be adverse affords us the opportunity to take action in advance [27].

3. IOT IN HUMIDITY MEASUREMENT AND MANAGEMENT CASE STUDIES

Both in terms of health and environment, water vapor which is known as humidity becomes a crucial factor. Too much humidity encourages mold and mildew proliferation, allergens to thrive in, respiratory problems caused due to microorganisms being present; too low moisture can result in dry skin symptoms for the homeowner(s) while also leaving them with different respiratory issues. Optimal humidity levels are crucial for: urban areas [28].

Indoor Air Quality (IAQ): The proper humidity control helps prevent mold and dust mite growth, raising IAQ and lowering health risks [29].

Healthcare Facilities: As, proper humidity control is vital for hospitals and clinics to maintain a sanitized environment where infections cannot spread [30].

Public Spaces: The ideal RH levels in public buildings, schools and transportation hubs improve comfort while also reducing the likelihood of transmission for airborne diseases [31].

Home Areas: Smart home-based humidity control system with Internet connection that helps you to breathe fresh [32].

3.1 Agriculture

In agriculture, IoT humidity sensors help power precision farming efforts. These sensors monitor soil moisture and atmospheric humidity around the clock so farmers have better up-to-the-minute information to fine-tune their irrigation schedules, leaving less room for guesswork, cutting down on water going straight into the ground instead of being taken in by crops [33]. In another instance, farmers could know that the area they are cultivating is prone to drought or very high humidity and receive real-time alerts signaling these potential issues being able hence be pre-warned about circumstances which may damage their harvest [34].

3.2 Healthcare

The skin is important for various causes: comfort of the patient, infection control in healthcare settings. In hospitals and clinics, IoT humidity monitoring systems are used to monitor indoor humidity levels in real-time [35]. Advanced temperature and humidity control systems can be tailored seamlessly to the HVAC (Heating, Ventilation and Air Conditioning) system, so that they automatically maintain ideal relative humidities across different hospitals-allowing patients such as nurses or clinicians a sterile recovery environment [36].

3.3 Smart Homes and Buildings

The management of humidity has been revolutionized by IoT technology in smart homes and buildings. IoT mong everybody from smart thermostats to humidifiers and dehumidifiers, that sustained adjustments droopy moisture over time because set small by regionally for example via autarky releases can maintain inside humidity levels good soon cosy including assist efficiency. Furthermore, such systems can deliver real time information and alerts for homeowners to react responding way to their living environment [37].

3.4 Industrial Processes

In industrial environments, the control of humidity is crucial to product quality or equipment preservation. Humidity sensors that are IoT-enabled can be placed across the manufacturing unit and warehousing or storage areas to monitor conditions around them on a continuous basis [38]. For a well-known example of the textile trade that uses this principle, specific humidity must be maintained (stabilized) in any environment where static electricity can lead to production delays or destroyed materials and machinery. IoT systems can make sure the above conditions are met constantly, aiding in better operational efficiency and product quality [39].

3.5 Environmental Monitoring

The other critical IoT application of humidity measurement is environmental monitoring. The health of plants and animals in natural ecosystems is heavily dependent on humidity levels [40]. In forests, wetlands and other natural habitats Where IoT sensors can monitor the humidity levels with an indicator of environmental conditions Researchers and conservationists can use this data to chart the effects of climate change, plan beneficial behaviors in addition to protecting biodiversity [41].

4. IOT BASED HUMIDITY CONTROL FOR HEALTH AND WELLNESS APPLICATION IN SMART CITIES

The smart humidity measuring and regulating in all the sectors enabled by IoT, has revamped with an array of advantages related to precision, efficacy as well as vger response that changed practices [42]. Real-time monitoring: Sensor technology, wireless connectivity and AI-powered analysis have come together to monitor humidity levels as they happen so you can proactively manage them with visibility that wasn't previously available. Although there are challenges around data security, system interoperability and power management that need to be overcome, the future of IoT-based humidity measurement and management seems promising [43]. With the advent of new technologies, IoT is going to have a vital role in all walks be it providing suitable climate conditions or increase productivity levels thereby enhancing quality of life across several domains. The endless evolution and implementation of these tech systems will go a long way in creating the smart, efficient & health-focused cities for which we all strive as we move forward into our ever-increasingly coming digital era [44].

With the use of IoT humidity control systems in a smart city ecosystem this healthy and wellness application gets an excellent boost to maintain comfort level at optimum much effectively. It is not good for health: Humidity levels have a huge effect on your indoor air quality (IAQ), comfort, and health [44]. Across sectors like residential areas, healthcare sites, public areas or industrial setups; in the smart cities of tomorrow these humidity sensing IoT devices are performing real-time monitoring and auto-controlling to ensure optimal ambient conditions. Accurate control of humidification is essential in the healthcare industry to prevent contamination by bacteria and other pollutants, sterilize equipment and maintain comfort for patients [45]. The IoT keeps an ongoing record of humidity content and then automatically corrects HVAC systems, lessening the hazard for coughs, colds as well as other respiratory ailments. Smart humidity control improves indoor occupant comfort in both residential and commercial buildings. This innovative technology helps prevent mold growth as well dry air that can lead to respiratory illness or skin irritations. They are also ideal systems in extremely dense cities where healthy indoor living is virtually impossible [46].

IoT-powered humidity control leads to energy savings by improving the efficiency of HVAC operations which results in minimal power utilization and hence less operational costs. The use of humidifiers in schools, offices and public transportation will create an environment where airborne diseases are unable to travel through a building while limiting exposure responsible for spreading infectious diseases [47]. These systems provide web-based monitoring and control to city operators or building mechanics who can use the integrated platform for real-time condition data and insights to make sure that environmental conditions are consistently maintained [48]. Advanced data analytics and machine learning can be integrated to get the capability of predictive maintenance along with proactivity, which makes these systems even more efficient. The IoT enabled humidity control systems in smart cities to improve the quality of life and health through conservation, convenience & comfort thereof reducing energy usage [49].

5. CHALLENGES AND CONSIDERATIONS

Although the advantages and use cases about IoT in humidity measurement or management it has to face several challenges, some considerations need with this tech [50].

5.1 Data Security and Privacy

Besides, there are concerns around data privacy and security as IoT devices get more proliferated. The secure transmission and storage of humidity data is a complex channel to keep safe from interference or theft that may lead into misuse. Measures just being used must include strong encryption and proper communication protocol on top [51].

5.2 Interoperability

IoT ecosystems are a level more fraught with potential issues, as devices from different manufactures can struggle to talk together. Any IoT solution has to allow different types of sensors and systems communicating each other without any issue [52]. The way to do this is with standardized communication protocols and framework that support interoperability [53].

5.3 Power Management
Because a lot of the IoT practices humidity sensors are positioned in remote or hard-to-access locations, electrical power monitoring has been vital [54]. Creating sensors that consume less energy and investigating alternative electrical sources, like solar power to extend the life of this equipment operation without needing maintenance [55][56].

5.4 Scalability
It is difficult to manage or scale systems with the prevailing increases in numbers of IoT devices. The widespread adoption of scalable cloud-based platforms and an effective strategy for data management are a must to manage the huge amount(s) of data generated, as well the smooth running IoT networks [57-60].

6. FUTURE DIRECTIONS

Measuring and managing humidity in smart cities with the help of IoT is the need of an hour to make health and wellness advanced under digitalization. Using IoT technology, we are able to monitor humidity in real time which allows control of the proper level of humidity even on large urban scales improving IAQ and public health. Once it comes to the humidity, we nowadays benefit from advanced IoT-enabled sensors which exploit achievements of MEMS and nanotechnology providing a highly accurate and efficient solution with real data collecting ability enabling continuous transmission through wireless connectivity like Wi-Fi or Bluetooth (even LoRaWAN). These solutions integrate seamlessly into smart city infrastructure and can be used as tools for comprehensive environmental monitoring that generates responsive changes. In healthcare facilities, IoT thus keep sterile environments by action like temperature and air quality control to limit the growth of pathogen without dehydrating it too much but also ensuring patient comfort for efficient recovery and infection controlling. In both residential and commercial settings, smart HVAC systems complete humidity control based on real-time data to maintain a precise balance of moisture that improves air quality and the comfort of occupants while limiting mold development, dry indoor conditions and irritations that affect us. Such systems help in saving energy significantly as it operates dynamically to adjust according by which the system reduce their carbon footprints. This aligns with the many buildings where IoT-enabled humidity control successfully improves IAQ, such as in public spaces like schools, offices and transportation hubs- ushering airborne diseases to a minimum - ultimately promoting good health of every people. This enables predictive maintenance and proactive measures to be taken with the systems while consistently keeping them in optimal operating conditions using AI/ML as a part of IoT. Being monitored remotely, city administrators and building managers gain visibility in real time, resulting in quick action points that are rendered swiftly similar to the operations. This is particularly useful in dense, urban areas where indoor air quality can be hard to improve. In addition, these systems are able to analyze huge amounts of data so as to do more when it comes time for determining and planning better cities using IoT technology that contributes healthy and sustainable. By employing blockchain technology, data integrity as well as transparency within these systems can be even better secured increasing trust and confidence. In conclusion, the federal government of IoT in humidity measurement and management has all good reasons to reinvent smart cities into healthy, comfortable as well energy-saving zones that take human comfort to a new level high through superior digital quality.

6.1 Enhanced Sensor Capabilities
Improved in the development of sensor technology to be capable of more precise and reliable humidity. Sensing systems in the future might factor in other environmental parameters for an all-encompassing view of surroundings: temperature, air quality etc.

6.2 Edge Computing
Leveraging edge computing Boosting the capabilities of IoT devices, we can run continuous data-processing and analysis to process signal in real-time down at sensor level. This leads to lower latency, improved responsiveness and better utilization of network infrastructure.

6.3 Blockchain Technology
Hope is not lost as blockchain technology can improve the security and transparency of humidity monitoring systems by IoT. With blockchain, a trusted and decentralized solution does exist to ensure the authenticity of humidity data.

6.4 Smart Cities

IoT-enabled humidity monitoring systems to be increasingly utilized with increasing development of smart cities. The addition of these systems to city infrastructure can lead directly to better health and well-being, efficient resource allocation, and utilization that enhance overall quality of life.

7. CONCLUSIONS

Advancements in the integration of IoT within humidity measurement and management are reshaping approaches across industries, bringing with them benefits relating to accuracy, efficiency as well as responsivity. Breakthroughs in sensor technology, wireless connectivity and AI-driven analytics are making it possible to monitor humidity levels instantly thereby helping you manage the same proactively. Hard problems like data security, interoperability and power management are still ahead but the future of IoT humidity measurement & control is bright. IoT is here to ensure that as technology advances, the physical environment is kept at its priceless best so we can continue all initiatives with peace of mind for mankind in multiple domains.

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Conflicts Of Interest

No competing relationships or interests that could be perceived as influencing the research are reported in the paper.

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