

CTT Systems improves cabin environment with humidity control

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Air travel sucks the moisture out of the human body. The skin, throat and eyes dry out quickly as humidity drops below comfort level. But Ola Häggfeldt, Chief Commercial Officer of [CTT Systems](#), tells *PAX Tech*, this can be solved by adding humidity to the cabin environment.



Ola Häggfeldt, Chief Commercial Officer, CTT-Systems

“You are flying in an environment where the cabin’s humidity is 6 to 10 percent drier than the Sahara Desert,” Häggfeldt explains. “Our Humidifier Onboard system is not just about raising the humidity; it is about restoring a balanced environment that keeps you hydrated, healthy and comfortable.”

Benefits in flight and beyond

A well-humidified cabin improves the inflight experience and has lasting effects for passengers once they disembark.

During the flight, humidity will improve sleep quality for all passengers.

As Häggfeldt explains, “Dry air disrupts your sleep cycles, leaving you exhausted. With the Humidifier Onboard, passengers can sleep deeper and wake up refreshed, ready to embrace their destination.”

Keeping well hydrated in the cabin can ease the effects of jetlag, helping the body adjust to new time zones post-flight.

“Our humidification system supports a smoother transition by reducing jet lag symptoms, so you are less likely to suffer from red-eye flights,” says Häggfeldt.

The reality is, low humidity dries out the body, weakening its natural defenses and making passengers more vulnerable to sicknesses. CTT’s Humidifier Onboard technology maintains a healthier inflight environment, supporting the respiratory system and overall wellbeing of passengers.

Häggfeldt says this is really a conversation about the overall sensory experience onboard. He emphasizes that dry air dulls the senses, which can make food taste bland and contribute to an overall unpleasant flight.

“Restoring the right humidity makes flavours vibrant and keeps senses sharp, enhancing the travel experience,” he adds. “With CTT Systems Humidifier Onboard, you do not just endure the journey—you thrive in it.”