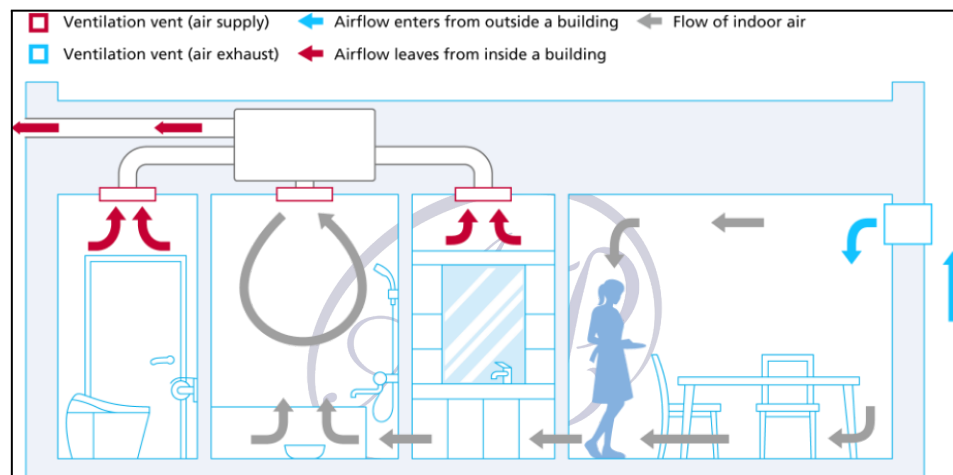


Breathe Easy: Tips to Minimize Indoor Pollution for a Healthier Home

Saying that we are living in a fast-paced world, we would hardly care about the quality of the air we breathe, which is inside our homes. Indoor pollutants may be a serious health and wellness quality factor by producing allergies or being a contributor to respiratory system problems. It is indispensable to conceive interior spaces which are not only visually attractive but also dedicated to the welfare and convenience of the users. In this blog, we shall discuss how one can effectively manage indoor pollution and seek ways to create a more healthy living space.



Source: Daikin India

Ensure Proper Ventilation Systems

Indoor air quality has a lot to do with adequate ventilation which is by far one of the most important issues of air quality. A proper ventilation system helps to push through the fresh air outside which helps to reduce the amount of pollutants in the air in your home. It is like installing exhaust fans in kitchens and bathrooms to remove moisture and vapours. On top of that, installing a house *Centralised Ventilation System* or a *Decentralised ventilation system* like the ones by *Stiebel Eltron* to help maintain optimal indoor air quality is at its core through constant exchange between the stale indoor air and the fresh outdoor air.



Source: Stiebel Eltron

Benefits of Natural Light Alongside Biophilic Design

The natural light and the biophilic design culture not only make the room more pleasant but also improve the air quality in your home. Study the amount of natural light available at minimum energy cost by positioning windows & skylights in such a manner that the sunlight reaches every corner of the space. As well as providing your interiors with a warm glow, natural light is a natural antiseptic. It prevents mould and mildew from growing in rooms.



Source: Ferns N Petals

Additionally, exposing indoor plants adds to the air-purifying function of ventilation systems and can help filter out dangerous toxins and pollutants from the air. Choose to have a range of different house plants like the *Singonium Plant* by *Ferns N Petals* (shown above), spider plants, peace lilies, and snake plants to help purify the air and add a touch of green to your home.



Source: Ferns N Petals

Beautiful pots filled with *bamboo plants* by *Ferns N Petals* like the ones shown above are very effective for this purpose as they easily absorb odours or pollutants from the air, as well as acting as natural purifiers. Keep the vases displayed around different rooms as they force healthier and cleaner air into the indoor spaces while adding a distinctive decoration to your interior.

Using Water-borne and Low VOC-containing Paints

The particular case of interior air pollution ought to belong to the collection of issues you consider, while looking for the appropriate low Volatile Organic Compound (VOC) paint to use in your home to minimize the indoor VOC air. Typical paints transmit volatile chemical compounds known as VOCs into the environment, which pollute the living environment due to the emitted gases like Carbon dioxide and thereby compromise the health of the occupants.



Source: Berger Paints

One example of low-VOC paints is the shades of green by *Berger Paints* as shown above. Low-toxicity and waterborne paints are greener substitutes which emit fewer cancer-causing chemicals that would guarantee improved indoor air quality by making sure your home is not harmful to live in by you and your loved ones.

Presenting Devices like Air Purifiers and Air Monitoring Equipment

To add the highest degree of medical security, one might also consider purchasing air purifiers and machines for air quality monitoring. All this then accounts for the highest medical standards in the indoor environment. Air purifiers like *Ikea's Fornuftig Air Purifiers* constitute a device to purify the air that may contain dust, pet hair, and other allergy causes. Nevertheless, this system allows for cleaner and fresh air in your home. Consider purifiers that have extensions that can gather the biggest particles.



Source: Ikea

Besides, real-time air monitoring gadgets like the ones offered by *Prena Air* also enable you to monitor indoor air quality information, which could include humidity levels, VOC concentrations, and particulate matter proportions. The timely feedback allows you to take the initiative to deal with indoor air quality concerns promptly so that you and everyone you care for can breathe in fresh and healthy air satisfaction.



Source: Honeywell Buildings

Finally, in addition to regulating indoor air quality, it is necessary to provide the required conditions for a comfortable and healthy life at home. It can be accomplished using the following ideas, for instance: properly organized ventilation systems and natural light to be incorporated into the décor and environment-friendly low VOC water-based paints to be used with natural indoor plants. Also, air purifiers and air monitoring equipment must be added to perform monitoring. Similarly, DiY helps you to understand how to maintain indoor air quality in their 'Natural' style interior design sketches using biophilic elements and indoor plants as the main décor element in the interiors. Inhale with eagerness and indulge in the distinctive advantages of a cleaner and the purest of air signature.

