



# Healthy at Home

## HOW TO IMPROVE INDOOR AIR QUALITY

(Family Features) More efficient, tightly built homes than those constructed in previous generations are generally well-regarded, for the most part with good reason. However, when you consider people spend 90 percent of their time indoors on average, according to the Environmental Protection Agency (EPA), such airtight environments raise some concerns.

All that efficiency cuts down on airflow, effectively trapping allergens and toxins inside. According to estimates from the EPA, the air inside the average home may be as much as five times more polluted than the air outdoors, even in a bustling city.

“We know instinctively that spending so many hours in stuffy

places isn’t good for us,” said Peter Foldbjerg, head of daylight energy and indoor climate at Velux. “According to research, living in damp and moldy homes increases our risk of asthma by 40 percent and leaves us vulnerable to developing other ailments.”

Limited fresh air and light during the day can negatively impact mood, sleep and performance. Air pollution can also pose a health risk through irritation to the eyes, nose and throat; headaches, dizziness and fatigue; and respiratory conditions, heart disease and cancer. To help alleviate some of these concerns, consider these tips.

SEE AIR QUALITY, 15H