

# GUIDE TO MAINTAINING A HEALTHY HOME ENVIRONMENT



## **Abstract**

Maintaining a healthy home environment is essential for fostering physical well-being, mental clarity, and overall happiness. This guide explores practical strategies to create a cleaner, safer, and more inviting living space. From improving indoor air quality with ventilation and air purifiers to adopting eco-friendly cleaning practices, it highlights effective ways to minimize harmful pollutants and allergens.

Additionally, the guide addresses the importance of breaking bad cleaning habits that contribute to hidden dirt and grime. Readers will also learn how to organize key areas, like kitchens and bathrooms, to promote hygiene and efficiency.

By incorporating simple yet impactful changes, this guide empowers individuals to transform their homes into healthy sanctuaries, fostering a sustainable and positive lifestyle for themselves and their families.

## **Getting Started**

Creating a healthy home environment begins with understanding the essential steps to improve cleanliness, safety, and comfort. Start by identifying areas in your home that need attention, such as cluttered spaces, poorly ventilated rooms, or frequently neglected corners. Prioritize tasks like deep cleaning carpets, dusting surfaces, and washing curtains to remove dust and allergens. Evaluate your current cleaning habits and replace any bad practices that might be making your home dirtier, such as skipping regular cleaning schedules or using harsh chemicals.

Invest in eco-friendly cleaning products and tools to ensure your efforts are safe for both your family and the environment. Don't forget to address indoor air quality by ventilating rooms, using air purifiers, and adding houseplants. With these initial steps, you're well on your way to creating a healthier, more inviting home environment.

## **1. Introduction To A Healthy Home**

A healthy home is not just about aesthetics or cleanliness; it is about creating an environment that promotes physical well-being, emotional comfort, and safety for all its occupants. Your home should be a sanctuary where you can relax, rejuvenate, and thrive, free from harmful elements and unhealthy practices.

The foundation of a healthy home begins with proper maintenance. Regular cleaning, decluttering, and attention to hygiene are key. This includes eliminating dust, allergens, and harmful microorganisms that can accumulate on surfaces, carpets, and air ducts. Poor cleaning habits, such as neglecting hard-to-reach areas or using harsh chemical cleaners, can worsen indoor air quality and lead to health issues.

Good ventilation is another cornerstone of a healthy home. Stale air, trapped moisture, and pollutants can create an unhealthy environment. Proper airflow, whether through open windows or air purifiers, helps reduce indoor air pollution and prevents issues like mold growth.



Incorporating natural elements into your home can also make a significant difference. Indoor plants act as natural air purifiers, improving air quality while adding to the visual appeal of your space. Sustainable materials and eco-friendly cleaning products contribute to a safer environment for both your family and the planet.

Lighting plays a crucial role as well. Natural light improves mood and productivity, while proper artificial lighting reduces eye strain and creates a comfortable atmosphere. Managing noise levels and maintaining a quiet, peaceful home environment is equally important for mental well-being.

Safety measures must not be overlooked. Regular checks for potential hazards such as loose wiring, slippery surfaces, or gas leaks are essential. Childproofing and fire safety measures, like smoke detectors and fire extinguishers, further ensure a secure living space.

Lastly, adopting a lifestyle of mindfulness and awareness about maintaining a clean, organized, and sustainable home is pivotal. A healthy home is not achieved overnight; it requires consistent effort, good habits, and a proactive approach.

By understanding the elements that contribute to a healthy home, you set the stage for a living environment that supports a healthier, happier life for you and your loved ones.

## **2. Tips To Creating Healthy Home**

The typical person spends at least half their day inside their home. Did you know that the quality of indoor environments has been shown to impact people's mood as well as their health?

This article provides 5 tips for creating a healthy home, a living space that promotes both mental and physical well-being in your daily life.

### **Air quality**

The air we breathe inside the home is vital for our health. Several reports by the U.S. Environmental Protection Agency (EPA) have demonstrated that indoor air pollution levels in homes are typically 2-5 times higher than outdoor pollution levels and can quickly become 100 times worse than outdoor air pollution. Indoor air quality issues can impact work productivity and overall health. Dust, mold, and pet dander are just a few of the things that lurk around the house, causing air pollution.



Tips to keep indoor air clean and purified:

- Invest in an air purifier for the bedrooms and busier parts of the home like the living room and kitchen.
- Clean the house using safe, eco-friendly products. Many conventional cleaners use harsh chemicals and toxins that can potentially trigger allergies.

- Add indoor plants to your living spaces. Indoor plants can positively affect our mental health and productivity.
- Regularly change the home's HVAC filter (usually every 6 months).
- Open the windows periodically to ventilate the home.

## Clean water

Having access to clean drinking water is essential to promoting wellness in the home. Water helps our body transport nutrients and waste, protects organs and tissues, and helps regulate temperature.

Lead and mercury in contaminated drinking water have been linked to developmental delays, learning disabilities, high blood pressure, and kidney problems. Additionally, organic contaminants like benzene and PCBs can be detected in drinking water, and these are linked to cancer, immune deficiencies, and nervous system difficulties.

Installing a water filter will ensure you have access to high-quality, safe, and healthy drinking water. Water filter systems remove contaminants from the home's water supply for overall health and well-being. A whole house water filter is the most comprehensive but it is also the most expensive. If your budget is limited, consider investing in a water filter for the kitchen sink, baths, and showers.

Before installing, research the type of filtration system you need for your area. For example, if you have hard or chemically treated tap water, choose a system that will remove those contaminants.

## Lighting

Light has a considerable impact on one's general well-being, from mood to physical health. Exposure to natural light offers measurable health benefits, such as a boost to vitamin D levels, improved sleep, and decreased depression.

Our bodies run on a 24-hour cycle called a circadian rhythm. We need exposure to both light and darkness to maintain healthy cycles and sleep. Ideally, you should get outside every morning and evening for the sunrise and sunset. This is a powerful message to the brain and it keeps the circadian clock on track.

About 75% of the world's population is exposed to artificial light at night and the majority of people also use electronic devices before bed. Even low amounts of light from the electronics at night can delay falling asleep and reduce melatonin production. Additionally, fluorescent lighting at night can incite a stress response in some people.

Tips for managing artificial light indoors:

- Use soft, low-wattage bulbs and/or dim lights after sunset.

- Limit or avoid fluorescent light bulbs.
- Use blue blocker glasses after sunset.
- Use a red reading light for reading books at night.
- Limit screen time (phone, tablet, computer, TV) at least 1 hour before bed.

## Wellness space



Between work, friends, and family, we all lead very busy lives. However, we must find balance in our hectic schedules with a little downtime. Be intentional about creating a wellness space in your home that has the sole purpose of allowing you to be comfortable, relaxed, and present with your hobbies. Whether the space is used for meditation, reading, writing, or art, the important thing is that it brings you a sense of calmness.

Tips for creating a wellness space:

- Pick an area of the home that fits your intention (use a large table if your hobby includes puzzles/art or comfortable pillows for meditation).
- Incorporate natural sunlight or soft lighting like a Himalayan salt lamp.
- Eliminate distractions with a white noise machine or calming music.
- Diffuse essential oils to awaken the senses.
- Decorate with natural elements and add objects, photos, or art from past trips or favorite memories.

## **Fitness area**

All homes should incorporate a space for movement whether it be indoors or outdoors. Creating a home workout space is an excellent way to promote wellness and fitness in the comfort of your own home. You can create a personalized workout routine that fits your schedule with the right equipment. A fitness area does not need to be big or spacious. It can be multi-functional if your space is limited.

Home fitness equipment purchases are expected to grow in the next five years. Online platforms like Peleton, Tonal, and Mirror have seen major increases since the pandemic. Several benefits include convenience, cost-effectiveness, time management, accessibility, and better focus on individual needs.

Tip to incorporate fitness into your home:

- Designate a room or area in the home that is without distractions and fits your training needs.
- Utilize resistance bands to keep your equipment compact if space is tight.
- Use hooks, shelves, and baskets to keep the area neat and to store equipment easily.
- A hard floor is ideal for stability. Floor tiles are quick and easy to install due to their interlocking design and lightweight. They reduce impact, dampen noise, and are easy to clean.
- Start simple and add more equipment as needed.

Focusing on a healthy home can drastically improve both mental and physical well-being and create a warm and inviting environment. As you continue to work on your health, don't overlook your home, as it can play a huge part in your wellness journey. Adopting even just a few of these tips can make a noticeable difference in improving your indoor living space and making it the healthiest it can be.

## **3. How Can You Improve Indoor Air Quality in Your Home?**

You might often come across news stories about air pollution and its impacts on public health. But how frequently do you think about the quality of the air indoors?

While outdoor air pollution certainly poses a concern, it might be easy to forget that the quality of the air you breathe at home may be just as important.

According to the Environmental Protection Agency (EPA), levels of air pollutants indoors may not only be up to 100 times higher than outdoor air pollutants, they could also have a greater effect on your health.

The health impacts of indoor air pollution depend on the type of pollutant present in your air, but they can include:

- cancer
- pneumonia
- asthma
- allergic reactions
- heart disease
- low birth weight
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People with respiratory or heart conditions, as well as young children and older adults, may also have a greater risk of developing some health concerns connected to low indoor air quality. Unexplained respiratory symptoms could offer a clue that it may be time to check the air quality in your living space. But other times, even pollutants with the potential to cause harm go completely undetected for years.

Taking steps to boost your indoor air quality can help you lower your risk of developing health conditions and may even improve your quality of life. We've got eight tips to get you started.

## 1. Cut down on pollutants



An important way to keep your indoor air clean involves learning about common sources of pollution and avoiding adding pollutants when you can.

Some common pollutants include:

### **Radon**

Radon, a natural radioactive gas, can seep up through cracks in the earth and build up in your home, leading to health problems including lung cancer.



Home test kits offer a simple way to check for unsafe levels of radon in your home. If testing reveals high levels of radon in your air, you can typically reduce radon by sealing the foundation of your home so that the gas can't leak into your living space.

Learn more about radon and how to handle it.

### **Secondhand smoke**

Secondhand smoke refers to exhaled cigarette smoke. Anyone exposed may have a higher risk of developing health concerns, including certain types of cancer. Thirdhand smoke, found on surfaces like clothes or furniture that absorb it, also poses a health risk.

The best way to keep second and thirdhand smoke out of your living space is to avoid smoking indoors. If possible, it could also be a good idea to minimize the habit, since the thirdhand smoke on your clothes may still affect your living space and air quality.

### **Formaldehyde**

Formaldehyde is a common volatile organic compound, or VOC — one of many harmful gasses sometimes emitted by common household items.

Commonly found in glues used in composite wood and many types of furniture, formaldehyde can seep into your indoor air. Too much exposure can cause respiratory issues, including bronchitis.

You can reduce formaldehyde's effects on air quality by:

- opting for used furniture instead of new — furniture tends to release lower amounts of formaldehyde over time
- choosing solid wood furniture over composite wood

### **Cleaning products**

Certain cleaning products contain harmful chemicals that may linger in your air, including:

- glass cleaners
- air fresheners
- bleach
- cleaning sprays

Choosing safer, nontoxic cleaning products can help you keep your home clean, without the excess pollutants contained in some standard cleaning products.

## **2. Test your air quality**

If you're concerned about the air quality in your home but aren't sure what changes could help the most, a good place to start involves testing your air quality.

You can either choose the DIY route or call in a pro.

The method you choose can depend on your needs. Doing it yourself is often less expensive, but working with a professional will likely yield more extensive results and personalized info.

### **DIY air quality testing**



You can find a variety of air quality test kits online. Some kits allow you to check for multiple pollutants, while others test for just one, like radon.

Because many at-home test kits aren't comprehensive, it might make more sense to do at-home testing if you're only interested in checking for one or two particular pollutants. If you want a full panel of results, working with a pro may actually be more efficient in the long run.

Comprehensive at-home tests generally cost up to \$200, but you may need to spend more when checking for more pollutants.

### **Professional air quality testing**

Hiring a professional will likely cost more than using a test kit, but many professionals offer additional services to help you manage any sources of pollution found during the test. For example, pros who offer air quality testing may also specialize in mold prevention and removal.

## **4. Use an air purifier**

Bringing an air purifier into your home is one effective way to keep your air cleaner. You may want to opt for an air purifier with a high efficiency particulate absorbing (HEPA) filter, since these tend to do the best job of removing harmful particles from the air.

HEPA filters may remove more than 99 percent of harmful particles from your air, in fact.

Air purifiers can't remove all types of pollution, so you may want to consider an air filter if you want to reduce:

- VOCs
- smoke
- mold spores
- excess carbon dioxide
- allergens like pet dander

An air purifier with a HEPA filter can even help remove flu virus particles from your air.

## 5. Improve ventilation

Keeping the air flowing in your home offers a simple (and potentially cost-free) way to improve your air quality. Opening windows and doors to let some outside air flow through is one way to do this — as long as the outdoor air is clean or low in pollen.

But air enters your house through vents as well as weak spots like tiny spaces around doors. While there's not as much you can do about the air that enters through these openings, it might help to make sure that the air channeling into your living space via vents isn't contributing to the problem.

This means:

- regularly changing out any filters in your home heating and cooling systems
- making sure any air ducts in your home are clean and unobstructed, since dust can build up over time
- checking the filters in appliances that bring air into your home and changing them according to the manufacturer's instructions

## 6. Reduce dampness

Dampness in indoor spaces can lead to many health hazards, including mold growth.

Dampness and high humidity may also cause VOCs to leach into your air.

Damp indoor environments can result from a variety of factors, including:

- humid climates
- leaky pipes or roofs
- areas with pooling water
- low ventilation in areas with a lot of steam, like bathrooms and kitchens

Damp conditions can lead to many respiratory symptoms, including coughing, wheezing, and asthma attacks.

You can reduce dampness in your living area by:

- using a dehumidifier
- turning on a fan or opening a window when you shower or cook
- finding and eliminating areas of pooling water or moisture in your home

A variety of factors can impact the air quality in your living space, and they can contribute to a range of short- and long-term health effects.

Testing your indoor air quality can bring some peace of mind if you're worried about indoor air pollution. From there, taking steps to prevent and reduce specific problem pollutants can help you maximize the quality of the air in your home and minimize any associated health risks.

#### **4. What Are Common Mistakes to Avoid When Maintaining a Healthy Home?**



People with immaculate homes religiously follow good cleaning habits. They follow a strict cleaning schedule daily, weekly, monthly and occasionally to promote a healthy and positive living environment.

On the contrary, bad cleaning habits can make your home look dirtier, inviting lethal germs and diseases, such as respiratory problems. Small mistakes or overlooking important areas can make a huge difference and sabotage the cleanliness standard of your home.

However, you can restore the shine and pristine condition with minor changes and an optimistic approach. Today, we have enlisted some bad cleaning habits that you should avoid or break to achieve the desired results. Start slowly, but stay consistent and adopt good things for a spotless house all year round. Let's started

## **Vacuuming Carpets Before Dusting Hard Surfaces**

Dusting and vacuuming are two major cleaning processes to help eliminate accumulated and embedded dust from surfaces. But you should follow the right order when tackling dust and debris.

Change your habit if you are vacuuming your carpets first and then dusting ceiling fans, light switches and shelves. This will make your floor coverings dirty again and expand your cleaning hours.

In fact, professionals who perform an expert end of lease cleaning in Canberra always begin by dusting from the top and vacuuming the carpets and floor later. So, use a microfiber cloth or a duster with an extendable handle to reach top surfaces like ceilings, nooks and fans with ease. After dusting hard surfaces, grab your HEPA-filtered vacuum cleaner which is perfect for carpets and upholstery furniture. This will also help you maintain a dust-free home without missing out on important spots.

## **Reusing Dirt-laden Cleaning Tools**

You won't get spotless results when you keep cleaning surfaces with dirty tools. If the filter of your vacuum cleaner is clogged with dust and debris, it won't clean your dirty carpets and rugs. Similarly, cleaning your kitchen surfaces with the same cloth will spread harmful bacteria more. According to some experts, a dirty sponge harbors pathogens, such as E.coli, Salmonella, etc that can transfer to your hands, kitchen surfaces and other equipment if not cleaned and sanitised regularly. The worst part is that they can linger for days and cause foodborne illnesses. So, it is important to clean your cleaning tools after every use. Also, use microfiber cloths, dusters and mops, as they are easy to clean and work wonders in tackling dirt and grime. There is a guide to using essential tools for efficient cleaning to save extra time and energy.

### **Disinfecting Without Treating Dust & Stains**

Are you disinfecting contaminated surfaces by removing visible dust and debris? Skipping the dusting or cleaning process before disinfecting is a bad habit you should break for your family's health.

Grime, stains and dirt can build a physical barrier and prevent the disinfectant from reaching and banishing the lethal germs on the surface.

So, follow the right process and wipe down the dirt-laden surfaces. After that, spray the disinfectant and eliminate germs.

## **Using Too Much Cleaning Solvent**

Are you habitually using too much cleaning product to remove stains and grime? Whether it is about removing mould from a leather couch or disinfecting a surface, using excessive store-bought cleaners can lead to damage or discolouration.

Make sure you use one product at a time and read the directions before applying any product. It is good to leave the product for a few minutes until you scrub or wipe it off with a damp cloth.

## **Allowing Paperwork to Accumulate**

You should never overlook magazines, newspapers, bills, receipts and unnecessary documents as they have a tenancy to create a mess around your home.

Make a small change and designate a place for all paperwork, mail and receipt. Keeping a shredder and a recycling bin can make it easy to eliminate clutter. Once a week, sort all the papers and get rid of unnecessary ones.

Make a pile of important paper and keep it inside the folder.

## **Letting Dirty Shoes Inside the Home**



This bad habit can leave your carpets, rugs and floors dirty and contaminated. The traces of dirt, mud and other grime on your shoes can ruin the cleanliness aspect of your home.

So, encourage your family to follow a strict rule and keep shoes outside the home or in the mud room. Also, regularly mop your floors and clean your patio pavers to keep dirt and dust at bay.

## **Leaving Dirty Dishes in the Sink**

Piles of dirty dishes in the sink can harbour harmful germs and bacteria. This can also cause an unpleasant odour. So, break this habit and start doing your dishes before going to bed every night. This will make your work a lot easier.

## **Using Harsh Cleaning Products**

Of course, store-bought cleaners are super effective and can save you a lot of time and energy, but these are laden with harmful chemicals. Using these products can pose serious health-related problems, such as respiratory disorders, asthma, skin infections, and even chronic disorders.

Instead, start using eco-friendly products. You can prepare easy homemade products using white vinegar, baking soda, lemon, essential oils, castile soap, etc to remove dust, dirt, mold and harmful germs. These products will help you maintain a clean home while reducing greenhouse gas emissions.

You can also ask the company to bring safe and sound products for a quality end of lease cleaning Canberra and get your full bond back without causing any harm to the environment.

## **Wrapping Up**

There is no justification for bad habits. Following them can cause more harm than good. So, it is better to break these habits and start following good ones to keep your house clean and shiny.

## **5. Why Should You Switch to Eco-Friendly Cleaning Products?**

Eco friendly cleaning products are becoming highly popular due to the looming climate crisis and our understanding of the impact that CO2 emissions and plastic waste has on the environment. The need for effective and sustainable cleaners is evident.

There are huge benefits to switching to green cleaning. There are a lot of risks associated with traditional, non-biodegradable chemical cleaning products – opting for natural alternatives is the way forward.

The EnviroShot cleaning range from Shorrock Trichem aims to provide effective cleaning solutions in environmentally friendly formats.

## **What are eco-friendly cleaning products?**

Eco friendly cleaning products are products made without harsh non-biodegradable chemicals and typically have a biodegradable formula, often in compostable packaging or free from single use plastics.

Cleaning products that are safer for the environment are usually made up of organic substances rather than harmful chemicals that won't biodegrade. Many eco-friendly companies will package their products in recyclable and/or biodegradable packaging, or create a reusable bottle system. Eco friendly cleaning products will still be formulated to kill bacteria and thoroughly clean the areas they are designed to target.

## **What household cleaning products are eco-friendly?**

Most common household cleaning products can be made environmentally-friendly. The most popular cleaners that have been made green are:

- Surface Sanitisers
- Kitchen and Bathroom Spray
- Glass and Stainless Steel Cleaners
- Air Fresheners
- Floor Cleaner
- Toilet Cleaners
- Descalers
- Degreasers
- Detergent and Laundry Pods
- Dishwasher Tablets

Not only do household cleaning products need to be more environmentally friendly, it is crucial that businesses begin to turn to greener cleaning alternatives. We can supply businesses with space-saving, highly effective eco-friendly cleaning products that are best suited to your industry and daily needs.

## **Benefits of eco friendly cleaning products**





Why should you use eco-friendly cleaning products? There are so many benefits to switching to green cleaners. Not only does it help the environment, but it can be better for your own health too.

### **1. Safer for the environment**

The obvious benefit to eco-friendly cleaning products is that they are far safer for the environment. Most non-biodegradable chemical cleaners include ingredients (sometimes known carcinogens) that are extremely harmful, if not deadly, to wildlife and aquatic life.

Chemicals, or Volatile Organic Compounds (VOC), in traditional cleaners such as:

- Phthalates
- Sodium Lauryl Sulphate
- Limonene
- Chlorine
- Ammonia
- Perchloroethylene (PERC)
- Sodium Hydroxide

and many more all cause serious harm to animals, nature and, in a lot of cases, have been found to have a negative effect on humans.

Green cleaning products will also not be tested on animals, which is a huge positive.

### **2. Less harmful**

Eco friendly cleaners are far better to use on hard surfaces. This is because the compounds are less corrosive and will clean gently without being harsh and damaging.

Eco cleaners are also far safer for human health. Non-biodegradable, chemical-based cleaners can be caustic, release irritating fumes and allergens. Conventional cleaning methods may cause respiratory irritation, broken skin, chemical burns, allergic reactions and even poisoning. Over-exposure to these chemicals can be highly dangerous. Businesses in the cleaning industry must begin to make the switch to green cleaning products for the safety of their employees and the climate.

Our Eco Friendly Kitchen Surface Sanitiser is food-safe and is effective against bacteria, yeasts and enveloped viruses.

### **3. Reduces Plastic Waste**

Single-use plastics are highly detrimental to the planet. Plastics are one of the worst materials responsible for overflowing landfills, the death of wildlife and harm to marine life.

Green cleaners are typically packaged in:

- Recyclable materials
- Biodegradable materials

- Multi-use, refillable bottles

The EnviroShot Eco Friendly Bathroom Surface Cleaner effectively kills 99.9% of all bacteria and comes in a pack of 20 lightweight, soluble capsules.

The EnviroShot cleaning range encourages users to reuse their bottles and refill them using our powdered sachet or soluble tablets. The refillable element helps to reduce plastic waste and the capsules contribute to a 95% reduction in transport emissions compared to ready to use spray bottles.

The benefit of storing the sachets in small cardboard boxes is that if users choose not to recycle, then we are sending something to the landfill that will still break down naturally.

#### **4. Conserves resources**

A lot of eco-friendly cleaning products are multi-use, which saves you buying a large range of products to clean each area in your home or business. The refillable element of zero waste household cleaning products can allow for easier storage, as dissolvable cleaners will likely be packaged in smaller sachets or in tablet-form.

You won't need a large storage cupboard to store bulky, heavy supplies of cleaning products. For businesses, refillable cleaners are far easier to store and use, saving valuable time on maintenance.

#### **5. Efficient cleaners**



There is little evidence to suggest that traditional chemical cleaners are more effective than eco-conscious ones. In fact, some biodegradable cleaners are more effective in certain areas as the risk of surface damage is far less.

## **What are the best eco-friendly cleaning products?**

The best eco-friendly cleaning products are zero-waste, compostable or fully recyclable. They should be made from natural, biodegradable ingredients and still remain effective against bacteria in the home and/or workplace.

Eco cleaning products are becoming more popular as the fight against the climate crisis becomes more crucial. It is important that businesses work towards using and supplying greener products, particularly within the cleaning industry.

## **6. How To Maintain a Healthy Home?**

Maintaining a healthy home involves creating an environment that fosters well-being, minimizes risks, and promotes a clean and safe living space. Here are practical steps to help you achieve and sustain a healthy home:

### **1. Focus on Cleanliness**

A clean home is a healthy home. Regularly dust and vacuum to eliminate allergens, dirt, and pet dander. Pay attention to neglected areas like under furniture and behind appliances. Avoid bad cleaning habits, such as neglecting kitchen or bathroom surfaces, which can harbor bacteria and mold.

### **2. Ensure Proper Ventilation**

Good air circulation is essential for reducing indoor air pollution and moisture buildup. Use exhaust fans in the kitchen and bathroom, open windows when possible, and consider air purifiers to improve air quality.

### **3. Control Humidity Levels**

Maintain indoor humidity between 30–50% to prevent mold growth and keep allergens at bay. Use a dehumidifier in damp areas and address leaks promptly.

### **4. Use Safe Cleaning Products**

Switch to eco-friendly or non-toxic cleaning products to reduce exposure to harmful chemicals. Avoid overusing products like ammonia or bleach, as they can emit toxic fumes and irritate skin or eyes.

## 5. Declutter Regularly

A clutter-free home reduces stress and improves overall hygiene. Organize your belongings to prevent dust accumulation and make cleaning more manageable.

## 6. Improve Lighting



Natural light boosts mood and productivity, so keep windows clean and unobstructed. Use energy-efficient lighting to reduce eye strain and create a welcoming atmosphere.

## 7. Keep Pests at Bay

Regularly inspect for signs of pests like rodents or insects. Seal cracks, store food in airtight containers, and address infestations immediately with safe pest control measures.

## 8. Incorporate Plants

Indoor plants improve air quality and add a touch of nature to your home. Choose plants like spider plants, peace lilies, or snake plants for easy maintenance and health benefits.

## 9. Prioritize Safety

Install smoke detectors, carbon monoxide alarms, and fire extinguishers. Regularly check wiring, plumbing, and gas lines to avoid accidents. Keep potentially hazardous items like cleaning supplies and sharp tools out of reach of children.

## 10. Create Healthy Habits

Encourage habits that promote cleanliness and organization. For example, make it a routine to remove shoes at the door, wash hands frequently, and sanitize high-touch surfaces regularly. By following these steps, you can create a home that supports your physical health, emotional well-being, and overall quality of life. A healthy home is not just a goal but a lifestyle that benefits everyone under your roof.

## 7. Bottom Line

Maintaining a healthy home environment is essential for your family's well-being and quality of life. By prioritizing cleanliness, proper ventilation, and safe practices, you can create a space that promotes health, comfort, and peace of mind. Incorporate sustainable habits, use eco-friendly solutions, and stay proactive in addressing potential risks like allergens, pests, or moisture buildup.

A healthy home is not just about cleanliness—it's about cultivating a space that supports physical health, emotional harmony, and environmental responsibility. Start small, stay consistent, and enjoy the benefits of a truly healthy living environment.

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