

The Critical Importance Of Maintaining High Indoor Air Quality

Learn how the quality of air inside your home can affect your health and how to improve it.



We tend to think of air pollution as something that occurs exclusively in outdoor environments. Smokestacks belch out particle-laden gases that float around in the atmosphere before eventually making their way into our lungs.

It turns out that indoor air pollution sources are a real issue too, linked to a wide range of health conditions, including [respiratory problems](#), migraines, and even insomnia. Mold spores, germs, dust mites, viruses, and bacteria can all negatively affect your health.

In this post, we explore why maintaining high indoor air quality is important and how to improve it.

Why is maintaining high indoor air quality important?

Poor quality air can lead to a host of issues.

- **Pneumonia:** [Researchers have found](#) that children living in homes with poor indoor air quality have higher rates of severe pneumonia.
- **Asthma:** Children spend [90 percent of their time indoors](#). Therefore, researchers believe that indoor air quality plays an important role in the development of asthmatic episodes.
- **Migraine:** Poor indoor air quality may be responsible for the development of migraines. Research indicates that [38 percent](#) of office workers working in unhealthy indoor air experienced headaches on one to three days per month.
- **Insomnia:** People exposed to higher NO2 levels are [60 percent](#) more likely to have “low sleep efficiency” compared to those not exposed to pollution.
- **Itchy, watery eyes:** Some [indoor air pollutants](#) can cause itchy, watery eyes, including paint, tobacco smoke, and even radon gases seeping through the floor.

How to improve indoor air quality

Fortunately, there are multiple solutions to dealing with indoor air quality issues. These include:

- Regularly cleaning and maintaining your HVAC system, including replacing filters once they reach the end of their life
- Ceasing smoking
- Investing in an air purifier
- Regularly sweeping and vacuuming to prevent particles from building up on the floor
- Allowing fresh air to come into the building through the windows

Need help addressing indoor air quality issues? [Contact Southbay Heating and Air Conditioning](#) for affordable, fast, and efficient service.