

# AIR QUALITY METER

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We breathe in about 11,000 liters of air a day, allowing us to live life and do all the cool things that we do, but not all air is created equal. If you have been in a room without ventilation or a functioning air conditioning system, you know how stale and unpleasant the air can get.

FOCUS

SLEEP

RESPIRATORY HEALTH

MOOD

IMMUNITY

POOR AIR QUALITY  
AIR QUALITY METER

IMPROVE YOUR GENERAL HEALTH

CONTROL YOUR ALLERGIES

INCREASE PRODUCTIVITY

SLEEP BETTER

Following are the some of the reasons why you should consider buying an Air Quality Meter



## EASY BREATHING

In case your indoor air quality is low, breathing can feel like trying to suck air through a coffee stirrer. Even if you don't realize it, your body does. Living in bad air quality puts a lot of stress on your body, heart and lungs.

## BETTER SLEEP

Taking good air quality while sleeping is as important for you as you take while awake.

Irritation while taking oxygen and airborne allergens affect the quality of your sleep, which leads to sleep-disordered breathing problems such as **sleep apnea**.



## ELIMINATION OF ALLERGENS

The most common source of allergens in the air include:

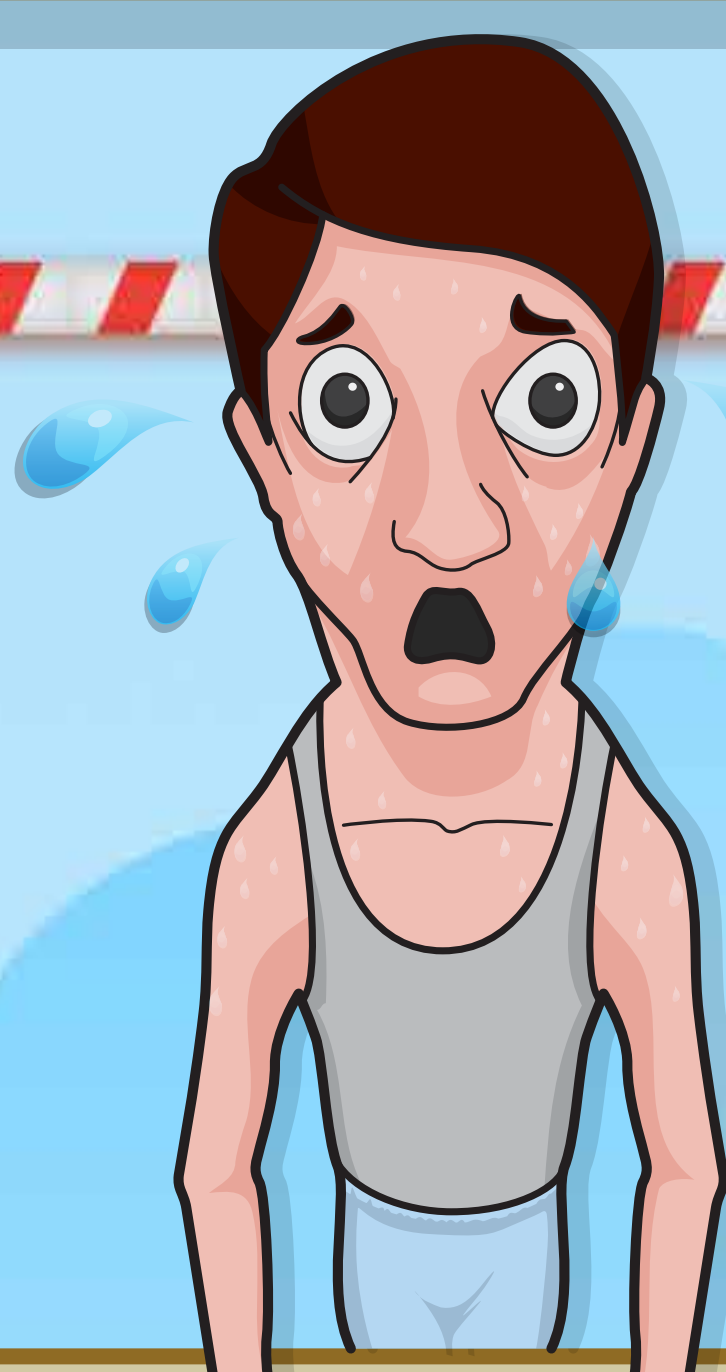
- Dust
- Animal dander
- Mold spores
- Cockroach debris
- Pollen

Getting rid of allergens ensures that you're not sneezing up a lot or otherwise suffering in your own home.

## REDUCED ODORS

Bad odors can leave you uncharacteristically grumpy and irritable.

Old filters, even HEPA filters, will not be able to remove odor and sprays may just mask them for a while. The key is to break down the organic material (VOC's) in the air that causes the smell in the first place.



## BALANCED HUMIDITY

High level of humidity makes your home feel stuffy and moist, which makes breathing feel difficult.

Also if you have low humidity than it can lead to cold and dry conditions that lead to, static shock, irritated skin and **frequent nosebleeds**.

## REDUCED ENERGY COSTS

The important steps which are required to maintain the air quality are **proper ventilation** and improving airflow, maintaining humidity and carbon dioxide levels—all go toward optimizing your HVAC system and ensuring that it doesn't work too hard to keep your home healthy.

This will lead to low costs on your utility bill.

