

HEALTHY HOME

checklist

This checklist is designed to help you identify common environmental stressors in your home and begin making simple, impactful changes that support your health and wellbeing. It follows the principles of Building Biology, combining building science with human health.

INDOOR AIR & VENTILATION

- ☐ Open windows daily to allow fresh air exchange (ideally 5–10 minutes per room, 2–3 times a day).
- ☐ Use a CO₂ monitor in your main bedroom or living room (ideal levels under 1000 ppm).
- ☐ Check for signs of condensation or mould near windows and walls.
- ☐ Avoid synthetic air fresheners or plug-ins that may emit volatile organic compounds (VOCs).
- ☐ Ensure extractor fans are working effectively in kitchens and bathrooms.

DAMPNESS & MOULD

- ☐ Keep indoor humidity between 40–60% using a hygrometer.
- ☐ Use a dehumidifier in damp rooms such as basements or bathrooms.
- ☐ Check behind furniture for signs of hidden mould or water damage.
- ☐ Fix leaks immediately – pipes, roofs, windows, and appliances.
- ☐ Avoid drying laundry indoors without ventilation.

ELECTROMAGNETIC FIELDS

- ☐ Switch off Wi-Fi at night or use a timer plug to automate.
- ☐ Keep Wi-Fi routers and smart meters at least 2 meters from beds or resting areas.
- ☐ Use wired internet (Ethernet) where possible, especially for children's devices.
- ☐ Unplug electronics when not in use, particularly in sleeping areas.
- ☐ Avoid sleeping near charging phones or electronic devices.

WATER QUALITY

- ☐ Install a certified water filter for drinking and cooking water.
- ☐ Flush taps not used for several hours before use (especially in older buildings).
- ☐ Avoid drinking hot water directly from the tap (may leach metals from pipes).
- ☐ Clean faucet aerators regularly to reduce sediment build-up.
- ☐ Consider testing your water for heavy metals, chlorine, and nitrates.





LIGHTING & SLEEP ENVIRONMENT

- ☐ Use warm, low-blue or amber lighting in the evening to support melatonin production.
- ☐ Install blackout blinds or curtains to reduce light pollution in bedrooms.
- ☐ Limit screen exposure 1–2 hours before bedtime or use blue light filters.
- ☐ Keep bedrooms cool (ideally below 19°C) and free of electronics.
- ☐ Choose full-spectrum daylight bulbs for daytime productivity spaces.

MATERIALS & TOXINS

- ☐ Choose low-VOC or natural paints and finishes for home improvement projects.
- ☐ Avoid furniture made with particleboard or MDF that may off-gas formaldehyde.
- ☐ Ventilate new furniture, rugs or mattresses outdoors or in a well ventilated room before use.
- ☐ Switch to non-toxic cleaning products and natural alternatives (e.g., vinegar, bicarbonate of soda).
- ☐ Avoid synthetic fragrance products – opt for essential oils if needed.

GENERAL HEALTHY HABITS

- ☐ Leave shoes at the door to reduce contaminants from entering the home.
- ☐ Vacuum with a HEPA filter vacuum at least once a week.
- ☐ Dust surfaces regularly using a damp cloth to reduce airborne particles.
- ☐ Use natural materials (wood, cotton, wool) where possible in furnishings and bedding.
- ☐ Check for signs of pests or water damage seasonally and act quickly.

Ready to take the next step?

This checklist is a great place to start but it only scratches the surface.

Every home is different. So are the people living in it. That's why we offer personalised **Healthy Home Assessments**, grounded in Building Biology science, to help you:

- Identify hidden risks that can't be seen or sensed
- Understand the full picture with professional-grade testing, not guesswork
- Receive a tailored report specific to your home, your layout, and your health concerns
- Get clear, advice from a trained consultant — no jargon, no panic, just practical support
- Prioritise what matters most, with guidance that suits your lifestyle and budget

JOIN OUR WAITLIST TODAY

YOU'LL RECEIVE:

PRIORITY BOOKING WHEN WE LAUNCH

SUPPORT FROM SOMEONE WHO UNDERSTANDS YOUR SPACE, YOUR CONCERNS, AND YOUR HEALTH GOALS

LET US HELP YOU THRIVE.

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