

Five steps to a healthy home

Many Europeans feel their health is below par. A healthy home can prevent everyday illness and boost health and home satisfaction. However, looking at the state of European home habits, there is room for improvement.

72%

of Europeans do not air out their bedrooms before going to sleep



Step 1

Ensure good sleeping conditions

37%

of Europeans value low energy costs over comfortable temperatures



Step 2

Keep comfortable temperatures

59%

of Europeans air out their homes less than the recommended two times a day



Step 3

Let in fresh air

76%

of Europeans compensate for insufficient access to daylight by turning on artificial light



Step 4

Let in daylight

49%

of Europeans do not place priority on avoiding too much humidity



Step 5

Avoid humidity

VELUX®