



# How Healthy Is Your Home?

## Easy Tips to Improve Your Environment

These beginner-friendly home improvement tips will help make your home into the sanctuary it deserves to be.

### What Counts as a Healthy Home?

The U.S. Department of Housing and Urban Development (HUD) outlines the **following eight imperatives** for home health:

**01** Clean

**02** Dry

**03** Pest-Free

**04** Hazard-Free

**05** Well-Ventilated

**06** Thermally-Controlled

**07** Contaminant-Free

**08** Maintained

### Top 3 Ways Your Home Could Be Making You Sick

**01** **Infrequent or improper maintenance** leads to a buildup of irritants like dust.

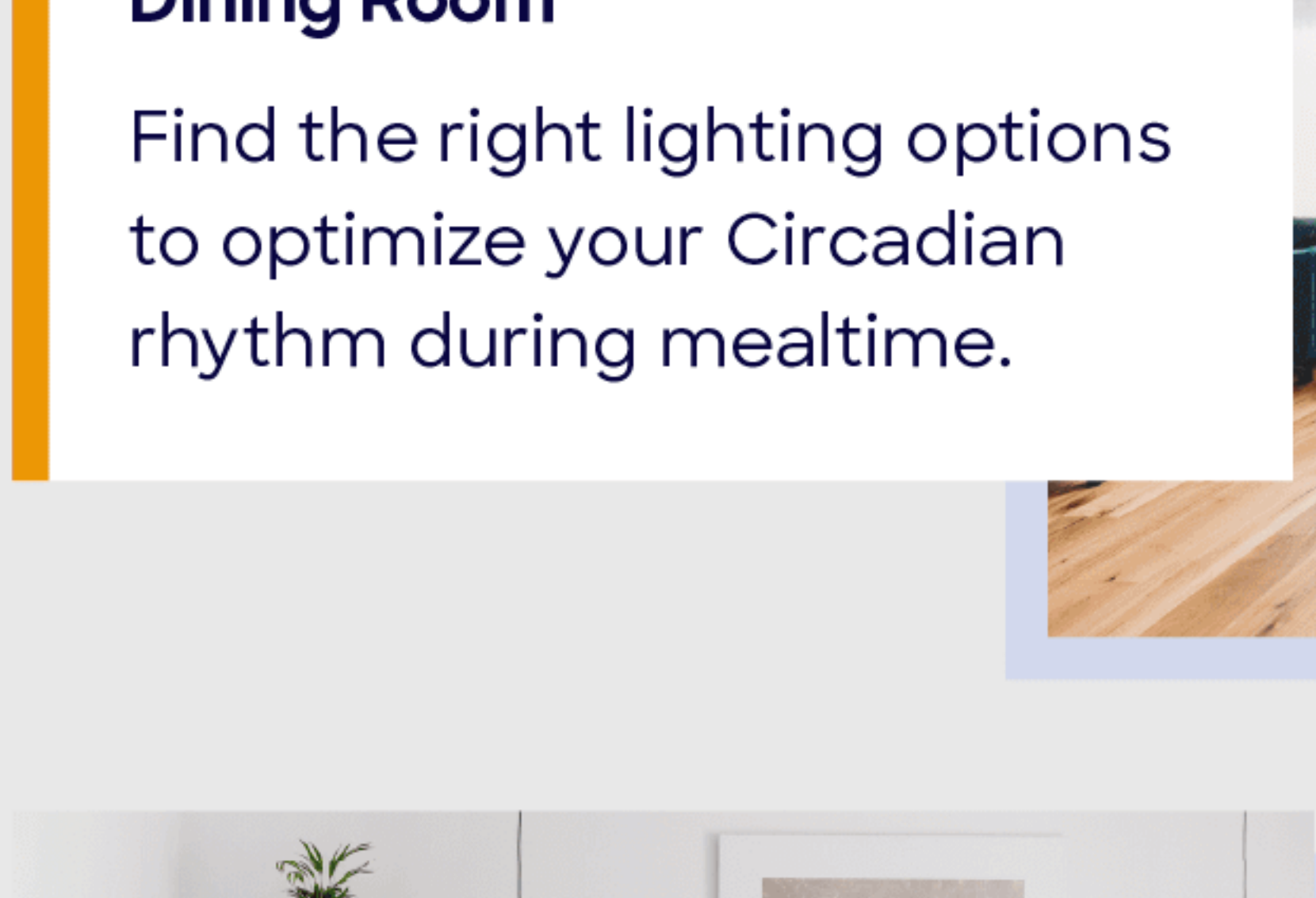
**02** **Excess moisture from poor ventilation** causes mold and bacteria to accumulate.

**03** **Harsh cleaning chemicals** expose you to allergens and toxic carcinogens.

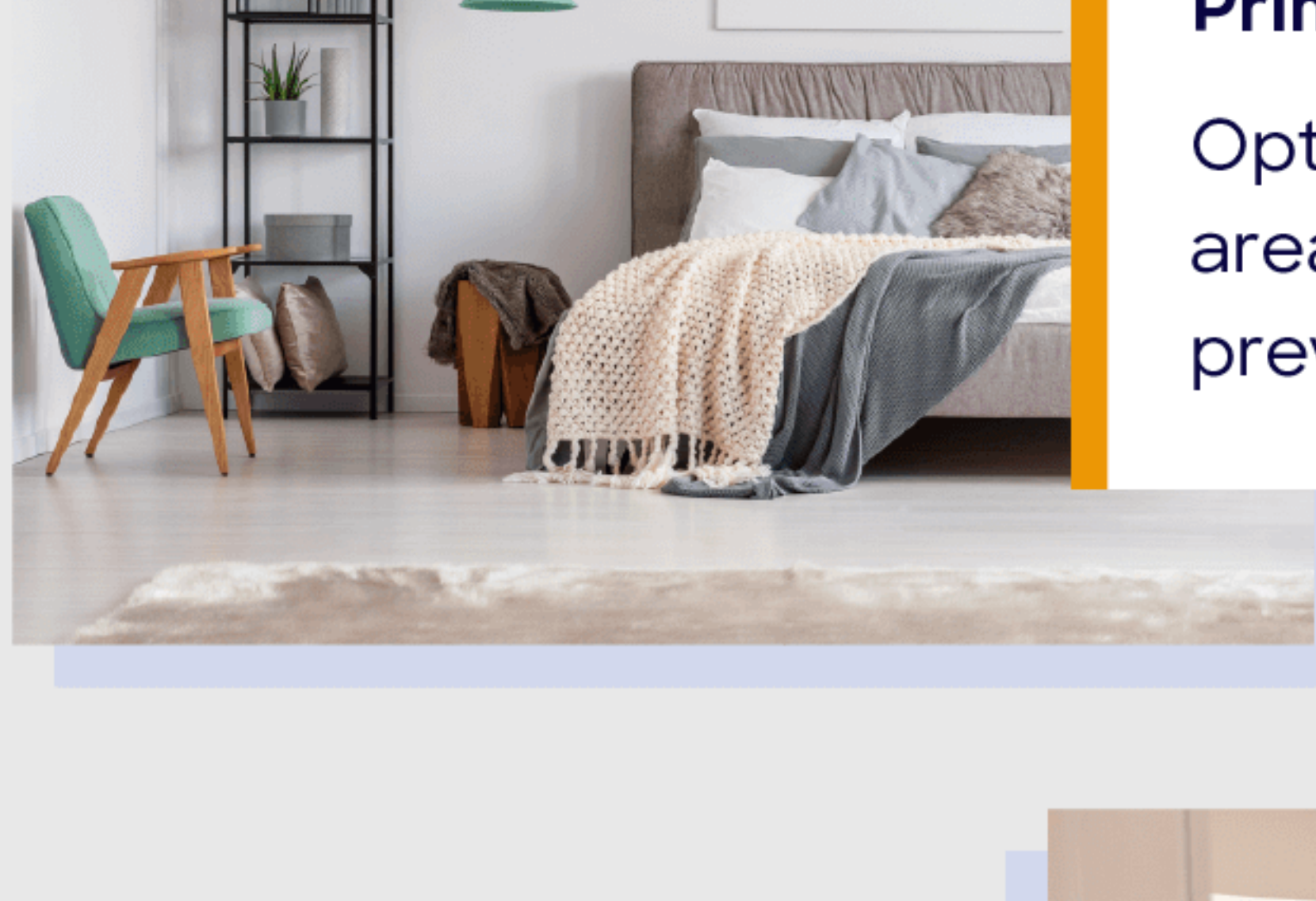
### Simple Improvements for a Healthier Home



**Living Room**  
Repaint the walls calming, neutral colors to create a more relaxing atmosphere.



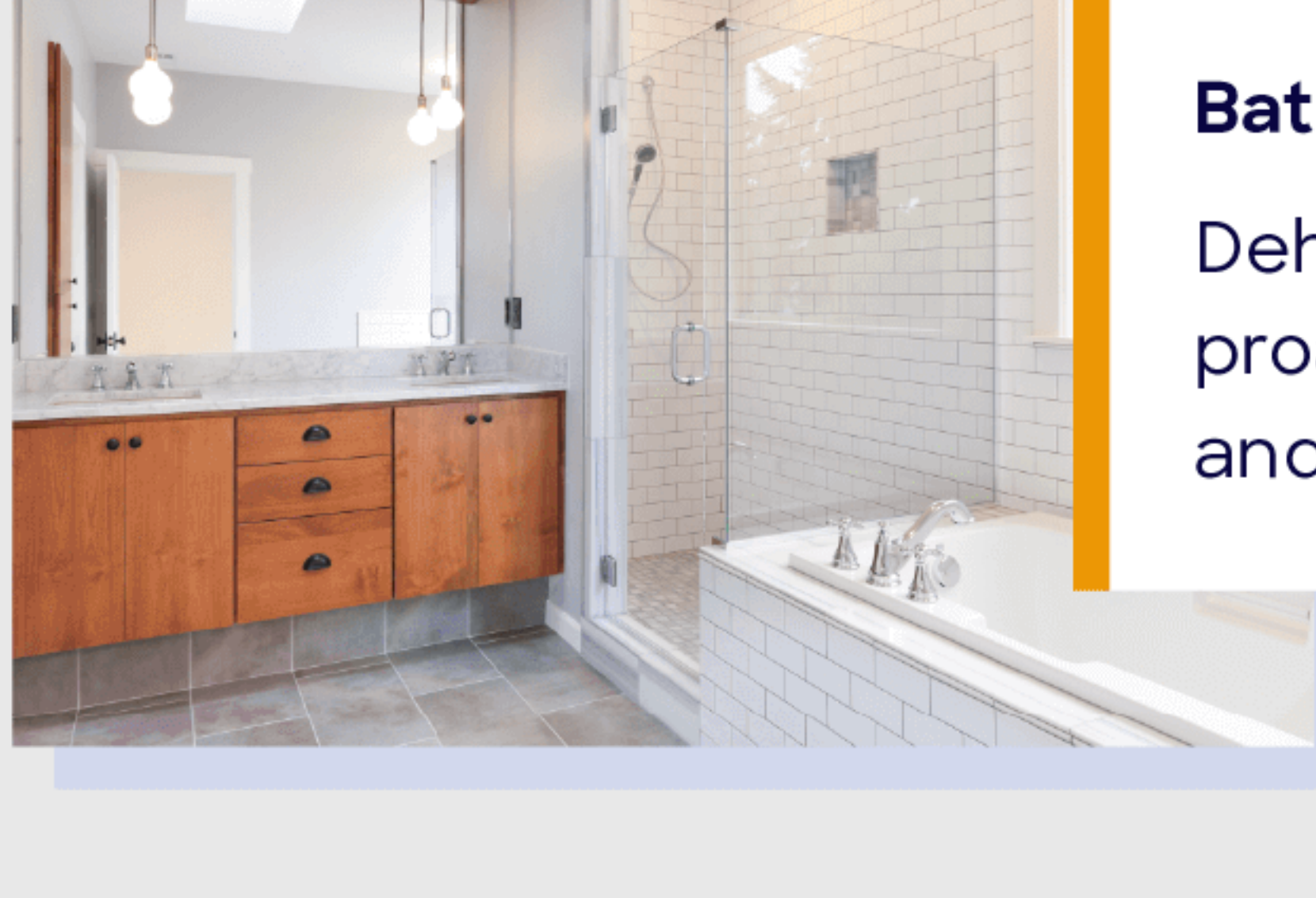
**Dining Room**  
Find the right lighting options to optimize your Circadian rhythm during mealtime.



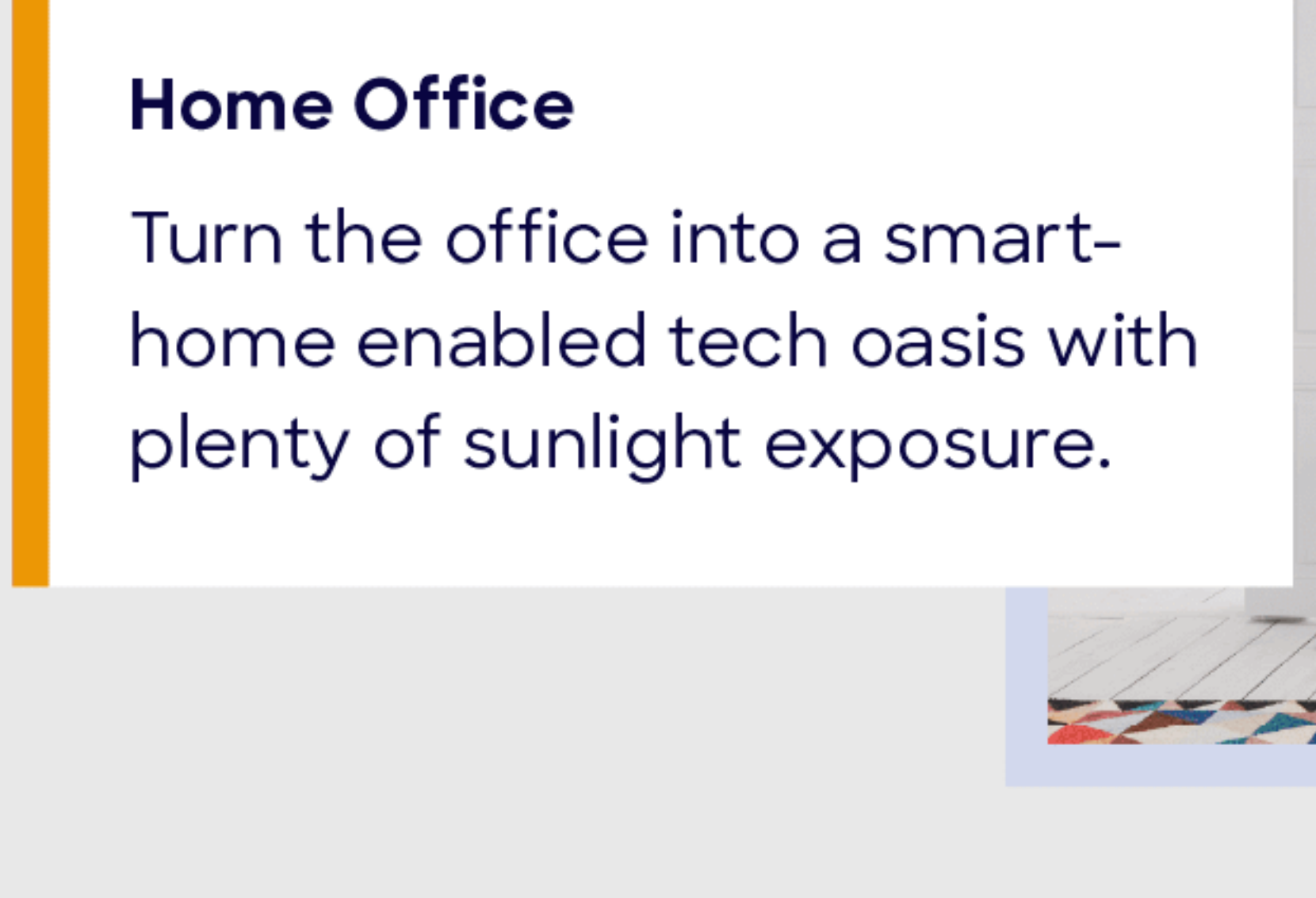
**Primary Bedroom**  
Opt for a non-toxic mattress, area rug and furniture to prevent off-gassing.



**Kitchen**  
Improve your water filtration and increase ventilation while cooking.



**Bathroom**  
Dehumidify regularly to proactively prevent bacteria and mold from building up.

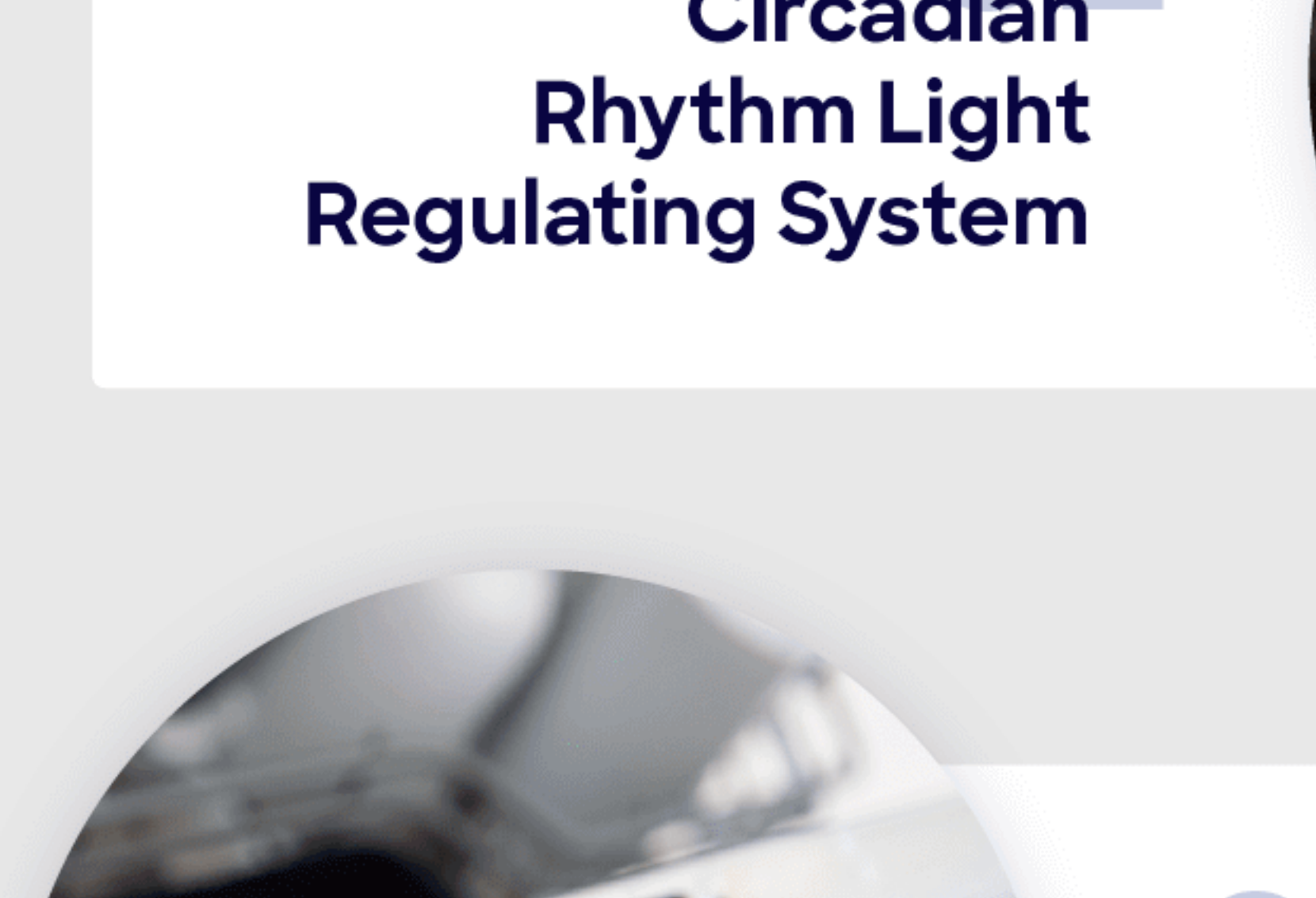


**Home Office**  
Turn the office into a smart-home enabled tech oasis with plenty of sunlight exposure.

### 5 Easy Smart Home Features to Enhance Well-Being



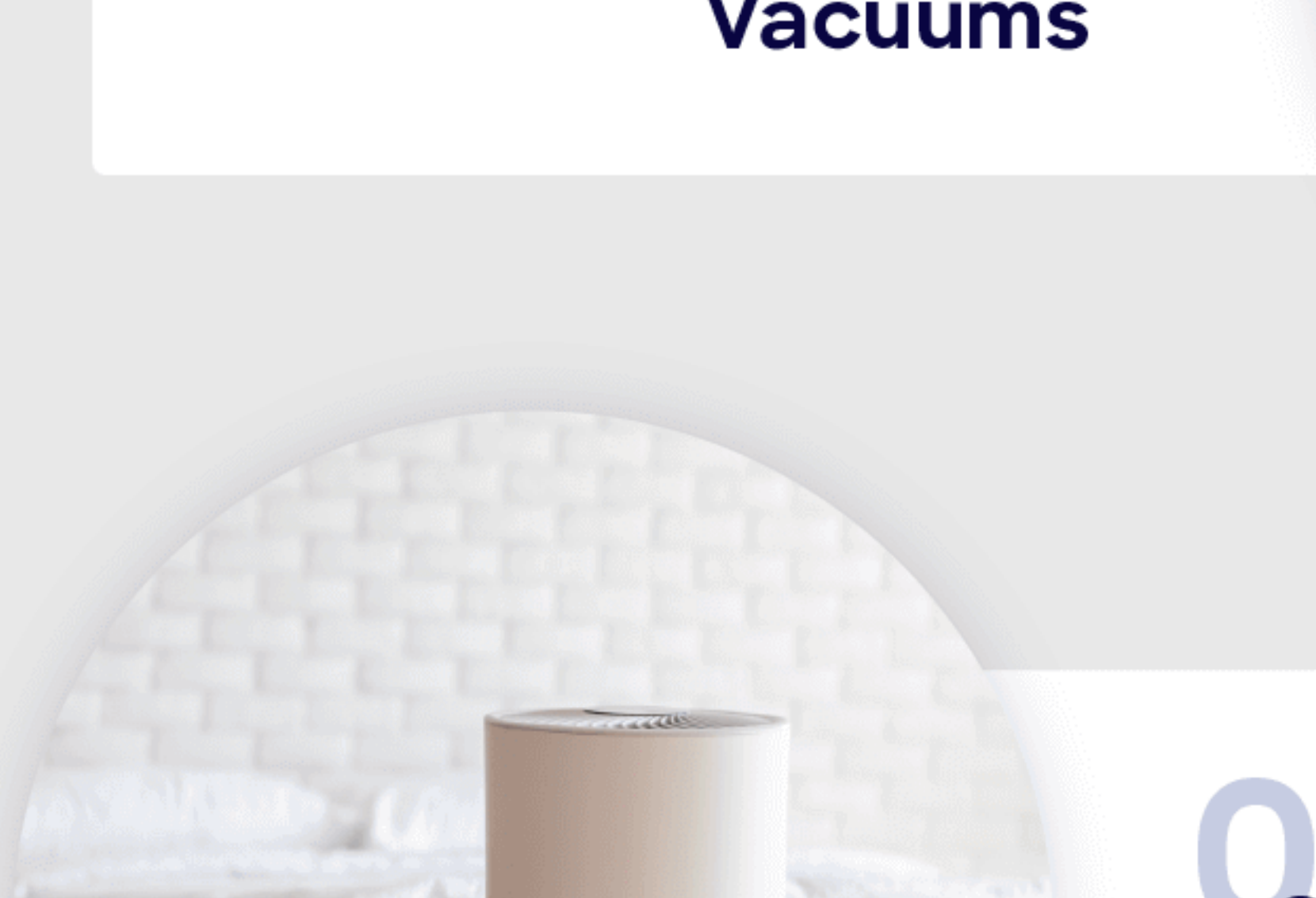
**01** Smart Water Filtration System



**02** Circadian Rhythm Light Regulating System



**03** Automatic Self-Cleaning Appliances



**04** Smart Robotic Vacuums



**05** Smart Air Purification System