

Fresh air in your bedroom? Measure it.

CO₂ shows whether enough fresh air comes in.

1 Stale air, poorer sleep

In studies, people slept less deeply and woke up more often in poorly ventilated bedrooms. Too little fresh air also raises the risk of damp and mould.

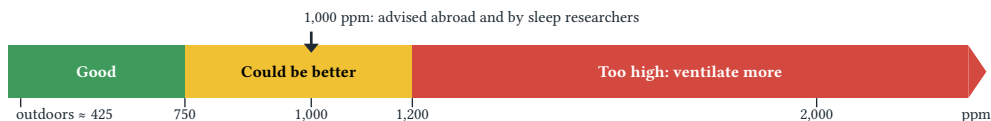


2 CO₂ shows how fresh the air is

Everyone breathes out CO₂. When too little fresh air comes in, CO₂ goes up. You can't smell it, but a CO₂ meter shows it.



3 How much is too much?



- Netherlands: old advice is to stay below 1,200 ppm.
- Other countries, newer advice: 1,000 ppm guide value for indoor air.
- Sleep researchers: below 1,000 ppm in bedrooms.

What helps



Keep ventilation grilles open, day and night.



No grilles? Put a window ajar.



Mechanical ventilation: leave it on.



Heat recovery (HRV): fresh air in, cold stays out. Also possible per room.



Plants



Air purifier



Air conditioner



Airing at most twice a day

This does not replace ventilation

Measure it yourself

TBD Borrow a CO₂ meter: [where] · [how long] · [how to reserve].

Or buy a meter with an “NDIR” sensor (from about €50).

Sources: see the booklet, via the QR code.

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More information
and sources