



## The connection between Air Quality and Sleep

### Did you know that 51% of adults <sup>(1)</sup> worldwide don't get enough sleep?

Around 80% of adults report using weekends to catch up on sleep. There are many reasons you might not be getting enough sleep, and the air quality might be the culprit.

Studies have found that poor indoor air quality is a growing health concern. There are numerous causes, such as pets, mold, and cleaning products. Those who live in cities indoors are also susceptible to poor air quality.

However, poor air quality doesn't just affect your health. It can also affect your sleep duration and the quality of your sleep.

Several diseases like **allergies, cancer, and respiratory illness**, are linked to poor indoor air quality. Other symptoms include dry skin, dry eyes, headaches, fatigue, and irritation of the nose, throat, and lungs.

Sleep difficulties are linked to physical, emotional and environmental factors. Many of these, particularly the environmental factors, are modifiable.

### How can the Airfree Air Purifiers help you sleep?

Airfree's patented TSS technology eliminates many microorganisms in your home including dust mite, mold, pollen, viruses, bacteria, and pet dander allergens, bacteria responsible for a series of diseases and respiratory allergies.

**Silent operation** - Air purifiers use internal fans to push the air through. However, this can create noise that prevents some people from being able to sleep. Airfree technology sterilizes the air with a completely silent operation. It does not require any filters or replacement parts, saving your money and time.



### Tested by independent laboratories around the world

Airfree technology is frequently tested by renowned independent laboratories around the world such as SGS, MRI Global, Intertek and many others.

Get all the latest news and tips for respiratory health

[blog.airfree.com](http://blog.airfree.com)



Source:

- 1 - American Sleep Apnea Association  
- [blog.airfree.com](http://blog.airfree.com)