

Effects of IEQ



Headaches

Poor indoor environmental quality may have negative repercussions on health; headaches are the most common symptoms caused by these conditions.



Thermal Comfort 6%

Well balanced temperatures and humidity determine personal wellbeing and healthier indoor spaces.



Effects on children

Children are the most vulnerable to poor indoor air quality. Air contaminants may also affect their learning and memory performance.



Air Quality 2-7%

Good quality indoor air benefits wellness and productivity, as well as having positive effects on sleep and health.



Low productivity

Poor IEQ is directly related to lower productivity, increase in sick leaves and dissatisfaction towards the workplace.



Lighting Quality 2-3%

Appropriate light levels positively impact health, mood, productivity, sleep patterns and many other physiological aspects.



Asthma

Exposure to air contaminants over longer periods of time is associated with asthma and other chronic respiratory diseases



Noise & Acoustics 3-9%

Pleasant and noise free surroundings are less distracting, more comfortable and contribute to reducing stress levels.

