Plants stimulate both a physiological and psychological relaxation response.

Indoor plants psychologically link us to nature.

Greening the Great Indoors
Having plants in our homes is an important component of creating a sustainable indoor ecology and healthy minds and bodies. Indoor plants lead to improved overall environmental quality.

Your Brain on Nature
Indoor plants psychologically link us to nature.

Comfort is King
Plants increase ambient humidity in dry indoor environments. Plants are known to increase room humidity from 20% to a more comfortable 30% under bright lighting conditions.

Breathe Easy
Indoor plants improve air quality by removing carbon dioxide, particulates, benzene and up to 90% of formaldehyde.

Bring on the Om
Plants stimulate both a physiological and psychological relaxation response.

Fast Facts
- Plants in the room both stabilize and reduce CO₂ levels.
- Each 1% addition of plants in a room results in a 6-7% decrease in formaldehyde.
- Rooms with plants have fewer pollutants (like volatile organic compounds or VOCs).

Friendly Flora
Houseplants supply beneficial bacteria and increase the microbial diversity in the indoor environment - benefitting human health indoors.

Infographic produced by National Initiative for Consumer Horticulture (NICH). Discover more about the power of plants in this series at ConsumerHort.org.
AUTHORS

REFERENCES


Burchett, M., et al. (2010). “Greening the great indoors for human health and wellbeing.” Sydney: Plants and Indoor Environmental Quality Group, Centre for Environmental Sustainability (CEnS).


CREDITS
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MORE INFORMATION
• National Initiative for Consumer Horticulture, ConsumerHort.org
• Ellison Chair, Texas A&M, www.EllisonChair.TAMU.edu