

4 tips on how self-drafting houses can get healthier indoor air

People spend 90% of their lives indoors.

Therefore, it's important that the air you breathe is healthy and filled with all the nitrogen and oxygen you need.

When the air you breathe at home is fresh and clean, it positively impacts your health and well-being.

It becomes easier to concentrate, breathe, and reduces the risk of cardiovascular diseases.

And there are a few things you might not think affect the air in your home, but that can really make a big difference.

Here are 4 tips on how you can improve your indoor air. The first is to...

Clean! Clean! Clean!

You've probably heard it a few times over the years, but cleaning can really help make the air cleaner.

Anything sticky attracts dust, so clean the kitchen extra thoroughly.

And while you're at it, take an extra look at the cleaning products and...

Look for the Swan Label

Even though the smell of a newly cleaned home is among the best things, strongly scented cleaning products can release pollutants.

Choose Swan-labeled and allergy-friendly cleaning products to do your indoor air and the environment a favor.

Something that can help is to air out regularly, so you can get...

As Fresh Air as Possible in the Rooms

Open a window to let in some air in the middle of the day when traffic and pollen levels are at their lowest.

In winter, though, it can get a bit cold, so it's optimal to recover the heat you need, which we'll get to a bit later.

Here's something that can add warmth and coziness to your home:

Scented Candles and Green Plants

Scented candles are very nice, but they can contain harmful substances that can degrade indoor air.

Reduce the use of candles a bit and decorate your home with more green plants.

Ferns, peace lilies, and ivy are particularly beneficial as they purify the air.

What do you do if you've tried all this but are still not quite satisfied with the air at home?

After we took a look at what a natural ventilation house needs to get the best possible indoor air, we developed...

A System That Recreates Natural Ventilation and Cleans the Air

The majority of all natural ventilation houses have lost their ventilation.

This makes the air stuffy, full of pollutants, and cold in winter.

Our solution is simply to restore the ventilation as it once was.

We start by cleaning out all the dirt and obstructions in the chimneys, then seal them with a special sealant that makes them smooth and nice.

After that, the air can easily be drawn through the apartment and freshen up your home.

We also install a molecular filter that allows you to...

Remove 60% of Microparticles

From what we've seen, this has helped people living in natural ventilation houses to have a comfortable home where the air feels fresher to breathe.

When everything is installed, you've recreated the natural ventilation.

You also have a system that draws out dirty air and supplies clean, filtered air that is safe to breathe in.

Almost like living in the countryside in the city.

Talk to you soon,

Osborn

P.S. Curious about how we can help you improve your indoor climate? Here's how:

Contact us today. If it's suitable, our inspector will take a look at your system, create a drawing for a potential installation, and discuss it with you in detail.

If you think it sounds good, we will explain exactly how everything works. If you don't want to proceed, that's also completely fine.

Our inspector is knowledgeable and friendly, and there are no additional costs.

Sound good? Then fill out this form: [VENTILATION CONSULTATION](#).