

Aranet Healthy Home Checklist



Why Monitor Indoor Air Quality?

- **Health Impact:** Poor air quality can lead to headaches, fatigue, respiratory problems, or even long-term health issues like lung cancer.*
- **Comfort:** Excessive humidity, high CO₂ levels, or uncomfortable temperatures make homes unpleasant.
- **Safety:** Continuous monitoring ensures dangerous conditions like high radon or CO₂ levels don't go unnoticed.

* [epa.gov/radon/health-risk-radon](https://www.epa.gov/radon/health-risk-radon)

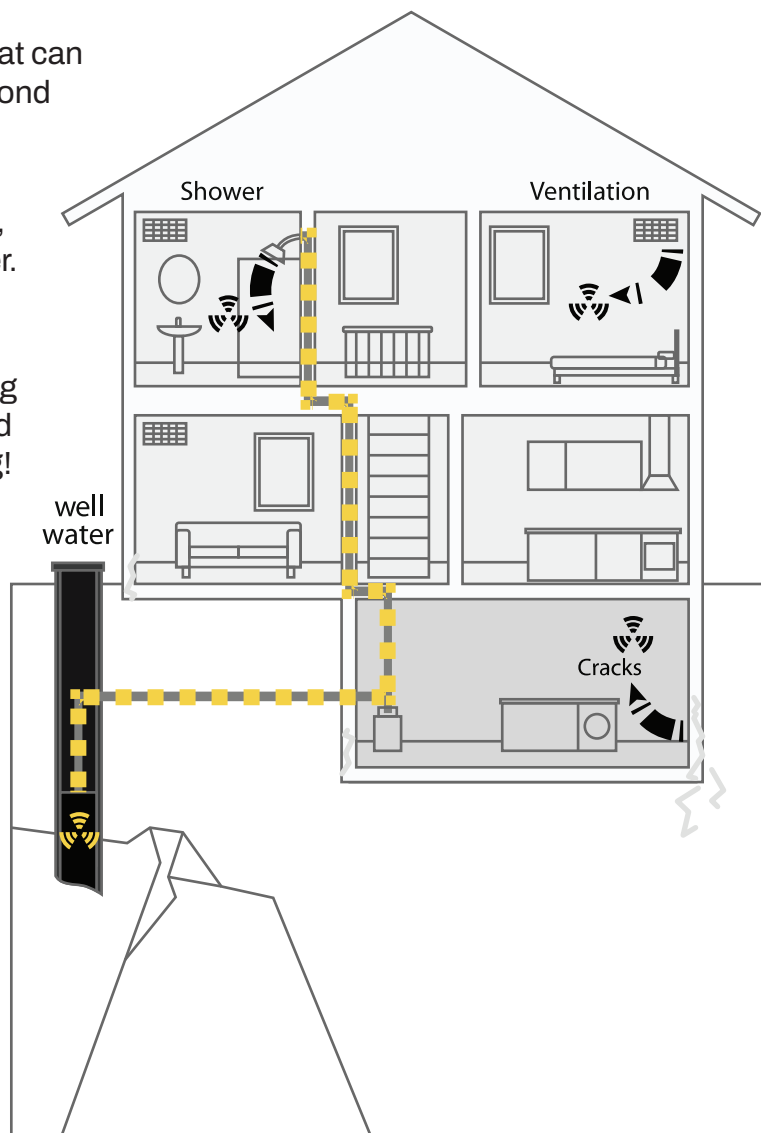
Key Air Quality Factors

1. Radon Concentration

- **Why it Matters:** Radon is a radioactive gas that can seep into homes from the ground. It's the second leading cause of lung cancer after smoking.
- **Health Risks:** Continuous exposure to radon, even at low levels, increases the risk of cancer.
- **Household Effects:** Radon accumulates in poorly ventilated areas like basements, posing a silent danger. Radon can be found in old and new houses alike, so opt for radon monitoring!

How Aranet helps:

- Aranet Radon Plus sensor measures radon levels, providing daily insights.
- Monitor trends over time and take action to reduce radon exposure by improving ventilation or sealing cracks in your home.





2. CO₂ Concentration

- **Why it Matters:** Elevated CO₂ levels reduce cognitive performance and cause fatigue, headaches, and discomfort.
- **Health Risks:** Long-term exposure to high CO₂ levels can lead to chronic respiratory problems.
- **Household Effects:** Poor ventilation contributes to high CO₂, making indoor spaces feel stuffy.

CO₂ levels expressed in parts per million (ppm)*


Green
Below 1000 ppm
optimal CO₂ level indoors
420 ppm
fresh outdoor air


Yellow
1000 to 1400 ppm
brain cognitive function
decreased by 15%


Red
1000 to 1400 ppm
brain cognitive function
decreased by 50%

* aranet.com/library/harvardstudyco2

How Aranet helps:

- Aranet4 HOME provides accurate, real-time CO₂ monitoring.
- Use data to identify ventilation needs, ensuring a balance between energy efficiency and fresh air.

3. Humidity

- **Why it Matters:** Proper humidity prevents mold growth and improves respiratory health.
- **Health Risks:** Low humidity causes dry skin and respiratory irritation; high humidity leads to mold.
- **Household Effects:** Excess moisture damages walls, furniture, and electronics, while dryness affects wooden floors and furniture.

How Aranet helps:

- Aranet4 HOME, Aranet2 HOME and Aranet Radon Plus sensors measure temperature and humidity.
- Use data to adjust humidifiers, dehumidifiers, or ventilation systems.

Benefits of Continuous Monitoring

- **Data-Driven Decisions:** Get real-time insights to adjust ventilation, heating, and cooling.
- **Trend Analysis:** Spot patterns to address recurring issues like seasonal radon increases.
- **Safety Assurance:** Be alerted to dangerous levels of radon or CO₂ before they impact health.
- **Energy Savings:** Monitor air quality to optimize HVAC use and reduce waste.

Tips for Improving Indoor Air Quality

- **Ventilation:** Open windows regularly or use mechanical ventilation, and monitor CO₂ levels with Aranet sensors to identify when ventilation is insufficient.
- **Minimize Pollutants:** Avoid burning candles or incense to prevent harmful particulates, and reduce gas stove usage by always using a range hood when cooking.
- **Control Humidity:** Use dehumidifiers in damp areas like basements, and seal leaks while ensuring proper drainage around your home.
- **Monitor Radon:** Test regularly, especially in radon-prone areas, and seal cracks in floors and walls while improving sub-floor ventilation.
- **Regular Cleaning:** Dust and vacuum frequently to reduce allergens, and avoid harsh cleaning chemicals that emit volatile organic compounds (VOCs).
- **Maintain HVAC Systems:** Clean or replace filters regularly and schedule professional inspections to ensure efficient operation.

Maintaining healthy indoor air is essential for your health, comfort, and energy efficiency. By using Aranet sensors to monitor CO₂, radon, temperature, and humidity, you can take control of your living environment and ensure a safe and comfortable home.

