

Benefits of Plants Indoors

- **Plants are essential for our survival. They provide food, fiber, building material, fuel, and pharmaceuticals. Plants also produce intangible benefits for people, such as improving our health**

Plants indoors have many benefits

- For thousands of years, people around the world have grown plants in containers and brought them into their living spaces, Studies on the benefits of plants are contributing to an increased use of plants to solve both environmental and health problems.

BENEFITS OF INTERIOR PLANTS

1. Indoor Air Quality

- One of the ways plants affect people is through the physical changes that plants cause to their surroundings. For example, plants release oxygen and moisture into the air.
- Some of these changes to the environment can increase the health and comfort level for humans in enclosed environments

- Many common foliage plants reduced levels of some interior pollutants including formaldehyde and carbon monoxide, The pollution reduction was largely due to bacteria growing on the plant roots

2. Relative Humidity

- foliage plants can raise relative humidity to healthier and more comfortable levels in interior spaces to 25 -30%.

3. Particulate Matter

Adding plants to the periphery of a room reduced particulate matter deposition by as much as 20%,

4. Acoustics

plants can reflect, diffract, or absorb sounds, depending on the frequency

5. Feelings

When foliage plants are in the room, people feeling more attentive than people in the room without plants. People also feel significantly more “carefree or playful” and more “friendly or affectionate” in the room with interior plants than in the room with or without decorative objects.

- A number of early studies showed that people recover from stress more quickly when viewing slides or videotapes of nature than when viewing images of urban scenes
- stress reducing responses also occur when people are in a room with a few containerized interior plants, even when their attention is not drawn to the plants