

FREQUENCY[®]

Guide:

15 Things for a Healthier Home



At Frequency we want to provide everyone with tools and strategy that can be applied in the home. Below are 15 low/no-cost, science-backed, minimal effort strategies to create spaces that feel good.



Air Quality

1. Keep windows cracked/open as much as possible. [Opening windows or doors significantly reduces CO2 quantities during sleep](#), meaning fresher and more oxygenated air for better recovery.
2. Invest in an air purifier to remove airborne pollutants, allergens, and particulate matter from the air. [Air filtration is associated with improved blood flow and decreased cardiovascular inflammation](#). The usage of air purifiers is proven to [decrease medication burden on children](#), and homes equipped with [HEPA filtration improve asthma control by removing traffic-related airborne particles](#).
3. Get an air quality sensor so you can respond appropriately to pollutants (like cooking, lack of ventilation, or off-gassing) as they occur.

Water

4. Be sure to always use cold water from the faucet for anything you consume. Hot water interacts more with the plumbing and piping, dredging up more pollutants from the plumbing system than cold water. Hot water was proven to contain [more bacteria and organic carbon than cold water](#). According to the EPA, [hot water can dissolve lead present in plumbing more quickly than cold water](#).
5. Get a filtered drinking water pitcher or install an under-sink water filtration system to ensure clean and safe drinking water. Point-of-use water filters have been proven to effectively reduce lead contamination, [according to a study in Flint, Michigan](#).

Circadian

6. Maximize natural light during the day to improve mood and regulate the circadian rhythm. Arrange furniture to allow for unobstructed natural light entry. [The sun's light/dark cycle affects the body's circadian pacemaker](#). Bright morning lights increase somnolence earlier in the day.
7. Exclusively use warm, dim lights at night to minimize the impact of artificial light on melatonin production and circadian rhythm. Ideally these lights are not overhead, but located below eye level in lamps or ground-lighting. Warm lights are associated with [relaxation and decreased restlessness](#).
8. Create a designated charging area outside the bedroom to promote better sleep. [Phones and other electronic devices emit blue light, a strong suppressor of melatonin](#). Decreasing phone usage before bed will promote higher-quality sleep.

Neuroaesthetics

9. Choose a color palette that includes soft and neutral tones such as light blues, greens, grays, or earthy tones. These colors can create a calming and tranquil environment, promoting relaxation and reducing stress. [Blue and green hues, with low saturation and high brightness were reported as the most pleasant to look at](#).

10. Incorporate indoor plants to add calming natural presences in the home. BONUS; place them in window sills in a way that they will interact with outdoor lights to create natural fractal shadows (also enhance air quality by absorbing pollutants and increasing oxygen levels). [People report greater concentration, productivity, and performance in indoor spaces with plants.](#)

Sensory Experience

11. To enhance productivity, it's advisable to maintain an optimal temperature range of around 72 degrees Fahrenheit (22 degrees Celsius) in your workspace. Research suggests [this temperature is conducive to a comfortable and focused work environment.](#)

12. Keep the temperature below 70 degrees at night. Temperatures between 60-69 degrees are consistently shown to induce greater proportions of deep sleep and higher overall sleep quality. Studies show that [sleep efficiency is negatively correlated to high temperatures.](#)

13. A carefully chosen fragrance, such as calming lavender or invigorating citrus, can create a welcoming atmosphere and influence mood. Whether through natural sources like fresh flowers or essential oil diffusers, incorporating appealing scents into your environment can enhance relaxation, reduce stress, and contribute to a more enjoyable and healthful living space. [Lavender, rose and orange](#) are associated with feelings of relaxation. Cinnamon, peppermint and [jasmine](#) were proven to [increase alertness and decrease frustration.](#)

14. Research indicates that engaging in positive emotional practices, such as gratitude journaling, along with mindfulness activities like meditation and intentional breathing, is linked to increases in Heart Rate Variability (HRV). HRV is a valuable indicator of the body's ability to adapt to stress, and these practices contribute to a more balanced autonomic nervous system. By incorporating these mindful and gratitude-focused activities into your daily routine, you nurture emotional well-being and promote physiological resilience, ultimately supporting a healthier and more harmonious living space. Zen meditation and similar Buddhist traditions are shown to have [broad-spectrum antidepressant and anti-anxiety effects and to reduce stress.](#) [Gratitude journaling combined with other stress management techniques heightened levels of meaningfulness and engagement in students.](#)

15. If noise is an issue, invest in ear plugs, noise-canceling devices, or soundproofing solutions to reduce noise-induced stress. Noise at night causes [shortening of sleep, elevation of stress hormone levels, and increased oxidative stress in the brain.](#)