
THE TOP 3 BENEFITS OF HAVING PLANTS IN YOUR WORKPLACE



1. PLANTS HELP REDUCE STRESS AND CREATE A FEELING OF WELL-BEING

Most of us know instinctively that being close to greenery makes us feel more at ease with our surroundings. We experience less stress when there are plants around us. Buildings are quieter and more relaxed but, at the same time, more stimulating and interesting. A substantial body of academic research, has shown conclusively that interior landscaping has dramatic effects on the wellbeing of building occupants.

People in offices are more productive, take fewer sick days, make fewer mistakes. And they are happier when interior landscaping enhances their environment.



2. PLANTS HELP IMPROVE AIR QUALITY

There is general agreement amongst scientists that plants improve the indoor environment and are useful in fighting the modern phenomenon of Sick Building Syndrome (SBS).

No specific cause of SBS has been identified but poor air quality, excessive background noise, and inadequate control of light and humidity are all thought to be important factors.

Because plants have large surface areas and exchange gases and water with their surroundings, plants can help tackle some of these issues.

Particular benefits of interior plants include:

- Reducing carbon dioxide levels
- Increasing humidity
- Reducing levels of certain pollutants, such as benzene and nitrogen dioxide
- Reducing airborne dust levels
- Keeping air temperatures down

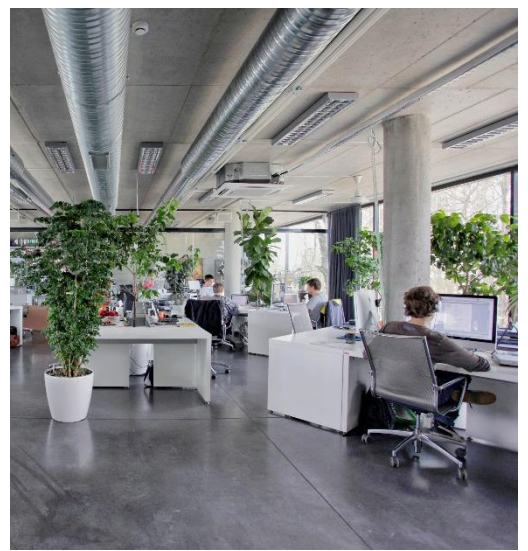


3. PLANTS HELP LOWER BACKGROUND NOISE

Plants have long been used to reduce noise from busy roads. More recently, research has shown another benefit: interior plants can help to reduce background noise levels inside buildings.

Other studies indicate that plants and their leaves absorb, diffract or reflect background noise, thereby making the environment more comfortable for the occupants.

Plants absorb sound best in acoustically live spaces, such as those that feature hard surfaces.



MORE QUESTIONS? EMAIL INFO@PLANTOLOGYDESIGN.COM



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