



Gases From Indoor Products Such As Detergents, Perfumes, Aerosol Sprays, Paint May Affect Your Creativity At Work

#Singapore

Good indoor air quality is not only beneficial for your lungs but will also boost your creativity levels, according to a study. Scientists at Nanyang Technological University (NTU), Singapore have found that high levels of volatile organic compounds — gases from common indoor products such as detergents, pesticides, perfumes, aerosol sprays and paint — may affect your creativity at work affects people's creativity.

The team estimated that reducing total volatile organic compounds (TVOC) by 72% could improve a student's creative potential by 12%. TVOC is an indicator that refers to the volume of volatile organic compounds in the air. Indoor VOCs are emitted from interior decoration sources such as paints and carpets and household products such as detergents and air fresheners.

“While most people would correctly associate indoor air quality with effects on the lungs, our study shows that it could also have an impact on the ability to use knowledge in an unconventional way,” said Assistant Professor Ng Bing Feng of NTU’s Energy Research Institute.