Do Air Purifiers Really Work? (And Worth Your Money)



If you’re considering this question, there’s a reason behind why you want to find out more. It could be for the health of your family. Maybe your home needs a little help due to the building materials used in construction. Whether it’s allergies, general health or removing dust from your home.

Whatever the reason for your interest, there are many myths about how air purifiers work. We will look to answer some of these questions in more detail. Enabling you to make an informed choice on the best product for you. Air purifiers can be an expensive investment, so doing some research is a good idea.

When we think of air pollution, we associate it with dirty smokestacks and chimneys. As society has changed, so has the way we live. Population growth has meant that building materials have changed. In the past, some of these were less than efficient and, in some cases, unsafe.  Regulations have enforced changes but use of toxic materials can still be found within our homes. The Environmental Protection Agency (EPA) is constantly reviewing its findings on the health of the nation. Unfortunately, the findings have not uncovered much improvement when it comes to air pollution. Air purifiers are becoming more common for very good reasons.

Indoor air quality is a top 5 public health risk according to the EPA. Trapped air becomes stagnant. Combined with poor ventilation the air quality in a living room can become toxic. This toxic air has many long-term chronic effects on the human body. Respiratory problems probably spring to mind immediately. Other less well-known symptoms include nausea, fatigue, and headaches which impact health. All these symptoms make functioning on a daily basis more difficult than it should be. There is also the question of increased medical bills and worry about the safety of family members.

Where do toxins come from?

Air fresheners, old furniture, paints, and fabrics are industrial culprits. These items release chlorinated tris, phthalates, benzene, and toluene. These chemicals have a known effect on reproductive development and hormones in children. In adults, they manifest symptoms which exacerbate asthma. The [asthma epidemic](https://www.epa.gov/asthma/2018-asthma-fact-sheet) has impacted the general population. There are over 25 million asthma sufferers, 6.1 million of these are children. There are also biological toxins which include pet hair, mold, and mildew. The result of inhaling these toxins can include tiredness, coughing, nasal bleeding, and respiratory issues.

Protection from allergies

Air pollution has become a factor in everyday life. Allergies have also seen a rise as over 50 million people are now affected each year. They are the 6th leading cause of chronic illness in the USA according to the [AAFA](https://www.aafa.org/allergy-facts/). Pollen in the home can trigger reactions because the air carries pollen throughout the house. Breathing clean air is the best way to combat this type of allergy. Another pollutant is dust in the air. Dust particles can linger due to poor ventilation. Poor ventilation allows pollutants to remain in the air for long periods of time. Air filters that are old and remain unchanged, become ineffective, leaving the air contaminated.

Does your location matter?

Both rural and urban locations have their own unique challenges. Urban areas will have more industrial chemicals present. This will especially affect apartment owners. Building materials may be older so they will naturally be less efficient. Nature will create challenges depending on the time of the year and the season. Pollen is the greatest contributor during the summer season. Having an air purifier provides a safe place from the outside world.

Are air purifiers worth the money?

Air purifiers work to significantly reduce the pollutant levels particles in your home. There have been many advances in the technology of air purifiers over recent years. They’re effective in a home environment as they remove dust, toxins, pet hair and other substances. Air purifiers really work, leaving you free to breathe in clean air. The health of you and your family is vital and should be protected where ever possible. There are many cost-effective solutions available on the market to purchase. The key thing to look for is that the model you choose includes a [HEPA filter](https://en.wikipedia.org/wiki/HEPA). This type of filter provides you with the highest level of protection available from an air purifier.

What is a HEPA filter?

The abbreviation HEPA stands for High-Efficiency Particulate Air. Originally designed in the 1940s to protect scientists from radioactive particles. Their efficiency in cleaning the air led to their incorporation into commercially used products. Effective HEPA filters can remove up to 99.97% of airborne particles. This includes both large and small varieties of particles providing greater protection. The filter functions in a way that traps particles before they settle on surfaces in the home. The filter also works without releasing any additional chemical products into the air.

How do air purifiers work?

The Clean Air Delivery Rate required depends on the size of the space. A bedroom sized 370-400 square feet needs a CADR of 150 to 250 meters cubed per hour. Larger living rooms usually require 250-350 meters cubed per hour. For coverage of a whole house up to 1200 square feet, a CADR of above 400 is suggested. When we talk about the sizes of particles, we are covering everything from bacteria to pollen. Bacteria is measured at between 2.5 and 10 PM (Particle Microns). Pollen is measured at 10 microns and above. Air purifiers work to capture all the different sizes of these various particles.

What are the real benefits of air purifiers?

The main benefits of installing an air purifier are clean air and a clean environment. Everyone should be able to breathe clean air. They catch visible and invisible particles that could aggravate your health. They work quickly and quietly to remove odors, pollen, pet hair, and even smoke. Where ever your home is, or its size, air purifiers provide the best chance to protect your health. Peace of mind is something that you can’t put a value on.

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