Air Purifiers for Better Sleep: How Clean Air Can Help You Rest Easier



Getting a good night’s sleep is important for maintaining optimal health, mood and productivity. While many people go to extreme lengths to keep their rooms completely dark and silent, few think of the effects that impurities in the air could be having on their sleep. Nevertheless, research suggests that air pollution can increase the chances of poor sleep by [up to 60 percent](https://www.livescience.com/59253-air-pollution-linked-to-worse-sleep.html), while practically everyone has experienced the unpleasantness of trying to fall asleep in the midst of a seasonal allergic reaction. Thanks to these links between air and sleep quality, a bedroom air purifier may be just the thing you need to help you rest easier. Here’s what you need to know about using air purifiers for better sleep and which units we recommend for bedroom use.

  What Kinds of Contaminants Lead to Poor Sleep?

To improve your chances of sleeping well, there are three things that need to be removed from your air. The first is pollution in the form of gases and particles. The second is any kind of allergen, dust or mold spore that could irritate your respiratory system. Lastly, unpleasant odors could keep you from getting a good night’s sleep. To maximize your sleep quality, you’ll need an air purifier capable of removing all of these impurities.

  What Type of Air Purifier Do You Need?

The kind of air purifier you’ll need for your bedroom will depend on what kinds of contaminants you’re exposed to. If dust and allergens are your only problem, a HEPA or filterless air purifier will do nicely. If you live in a heavily polluted area or deal with strong odors, though, a purifier with a carbon filter will be in order. When choosing air purifiers for better sleep at night, be sure to take into account what the problems with your home air actually are. If you need some help finding out, you can use a [personal indoor air quality meter](https://www.usairpurifiers.com/personal-indoor-air-quality-meters-monitors-test.html) to gain insights into the state of the air in your bedroom.

  Five of the Best Air Purifiers for Better Sleep

There are many different air purifiers that are great for bedroom use, but choosing just one can be hard. To make the process easier, we’ve narrowed the list down to five of the units we think are best for helping you get a better night’s sleep:

* [Airfree Onix](https://www.usairpurifiers.com/airfree-onix-p-3000-air-purifier.html): Filterless air purifier that runs completely silently. Good for mold spores, dust and allergens.
* [EnviroKlenz](https://www.usairpurifiers.com/enviroklenz-mobile-air-purifier-voc-hepa-air-purifier-plus-3-voc-filters.html): Powerful filtration for both particles and gases/odors. Quiet mode is perfect for use while sleeping.
* [Rabbit Minus A2](https://www.usairpurifiers.com/rabbit-air-minusa2-spa-700a-air-purifier.html): Ultra-quiet filtration for light gases and particles. Wall-mountable for use in small bedrooms.
* [Airpura G600](https://www.usairpurifiers.com/airpura-g600-air-purifier.html): HEPA and high-grade carbon filtration. Great for heavier odors and air pollution. Includes 18-pound activated carbon filter.
* [IQAir GC Multigas](https://www.usairpurifiers.com/iqair-gc-multigas-air-purifier.html): Combines powerful filtration for gases and odors with IQAir’s HyperHEPA technology. Very quiet.

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