

Harvard Study Finds Indoor Air Quality Affects Sleep Disorders; Experts Find Relief in PURE Rooms

/EINPresswire.com/ According to a Harvard study [air pollution](#) increases the risk of poor sleep. As a frequent business traveler Dr. Maas found it hard to get a good night's sleep while traveling, that was until he discovered a PURE Room at a hotel in Chicago.

"Air pollution has long been known to have a negative effect on health," says researcher Antonella Zanobetti, PhD, a senior research scientist at the Harvard School of Public Health. "With this study, we found air pollution also increases the risk of poor sleep," she continued.

World renowned sleep expert, professor of Psychology at Cornell University, and award winning author Dr. James Maas suggests these three golden rules to a great night's sleep:

1. Make sure you get seven and a half to eight and a half hours of sleep each night
2. Establish a sleep schedule
3. Get one continuous block of uninterrupted sleep every night

Dr. Maas says, "One of the most important factors in achieving the above is to make sure the bedroom has great indoor air quality."

As a frequent business traveler Dr. Maas found it hard to get a good night's sleep while traveling, that was until he discovered a PURE Room at a hotel in Chicago. A PURE Room is a patented and award winning [air and surface purification](#) program that guarantees a better night's sleep while traveling. The PURE Allergy Friendly Room program is a third party independently tested, and maintained program that consists of the following seven steps:

- Cleaning of all hard and soft surfaces with all natural plant based cleaners
- A micro-bacterostatic shielding of the entire environment to prevent any growth of viruses,



Dr. Maas

fungi, and mold on any surfaces for up to 6 months

-A one time shock treatment to eliminate any lingering odors

-Cleaning and treatment of the air handling unit, to maximize energy efficiency and disinfect incoming air

-Installation of all-natural PURE Tea Tree Oil to sanitize the air traveling out of the air handling unit

-Placement of a portable medical-grade [air cleaner](#) that has been shown to capture up to 100% of all respiratorable sized particles down to .002 micron.

-Installation of PURE Allergy Friendly Bedding on all mattresses and pillows.

Dr. James Maas was so impressed with the PURE program that he now has endorsed the program and has had the PURE process installed into his home. He further commented that "I guarantee the PURE process will enhance your sleep, your mood, your health, and therefore your daytime performance and quality of life."

Vinny Lobdell, President of PURE Global stated, "We take pride in providing the absolute healthiest environments and we fully understand for any environment to be healthy you must look at it holistically and evaluate all factors that play into a healthy environment. The PURE process evaluates the indoor environment, targets the problems, and is an all encompassing solution for those problems. PURE Global is humbled by Dr. Maas's endorsement based on his personal experience with PURE Rooms."

PURE Global is the leader in allergy friendly rooms for the hospitality industry. Millions of allergy sufferers all over the world now have available, for the first time, a patented and market-tested solution for an allergy friendly room. PURE has installed its comprehensive indoor environment solution in over 300 hotels in 20 countries, and is a brand standard in several hotel companies. For more information about booking a PURE Room please visit: www.pureroom.com

Media Contact:

Jennifer Howe

PURE Global

315-298-2904

<http://www.pureroom.com>

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