

Ten Reasons to Use Indoor Plants - this is very interesting

DID YOU KNOW. . . ATRIUMS

Workplace plants are proven to have a positive impact on building occupants' perceptions of their surroundings. Research conducted at Oxford Brookes University (Oxford, England) showed that:

- The use of the waiting area within an atrium increased by 4.1% "with plants."
- Both men and women displayed a preference for sitting opposite the plants in an atrium (they positioned themselves where they could see the plants).
- The mean anxiety level of subjects was lower "with plants" in the atrium than the mean anxiety level "without plants" in the atrium.

PLANTS INSPIRE INNOVATION

Dr. Roger Ulrich (Ph.D., Texas A&M University, College Station, Texas) found that problem-solving skills, idea generation and creative performance improve substantially in workplace environments that include flowers and plants.

In Dr. Ulrich's studies, both men and women demonstrated more innovative thinking in the presence of plants than they did in an environment with art sculpture or no decorative objects.

PLANTS AID RECOVERY

From "Health Benefits of Gardens in Hospitals" (Roger Ulrich, Ph.D., Texas A&M University, College Station, Texas) - studies prove that patients in hospitals with a view of gardens:

- Experience less stress
- Require less pain medication than those not able to view gardens
- Heal faster

PLANTS = PRODUCTIVE, ATTENTIVE

In a study conducted by Dr. Virginia Lohr of Washington State University (Pullman, Wash.), it was found that productivity could be enhanced by as much as 12% in the presence of plants.

Study participants also reported feeling more attentive when plants were present.

PLANTS PROMOTE A QUIET, PEACEFUL ENVIRONMENT - MAKE A DIFFERENCE

Research shows that plants can help to reduce background noise levels by up to 5 decibels in buildings. Good examples of noise-reducing plants are *Spathiphyllum Wallisii* (peace lily), *Philodendron Scandens* (sweetheart plant), *Dracaena Marginata* (Madagascan dragon tree) and *Ficus Benjamina* (weeping fig).

PLANTS MAINTAIN PERFECT HUMIDITY LEVELS

Dr. Virginia Lohr (Washington State University, Pullman, Wash.) demonstrated that plant transpiration in an office environment creates a humidity level exactly matching the recommended human comfort range of 30% to 60%.

PLANTS BRING MEANING AND PURPOSE TO LIFE

Prisons, schools, housing projects and hospitals have all documented the positive effects of working with plants.

Charles A. Lewis, Research Fellow in Horticulture at Morton Arboretum, has studied the effects of plants and landscaping on people in various communities, including neighbourhoods, housing projects and prisons, over a 30- year period.

In a paper published in "The Role of Horticulture in Human Well-being and Social Development," Lewis concluded that when horticultural programs are implemented in those communities, the landscaping process makes an enormous difference in how members feel about themselves and the area in which they reside. Lewis writes, "The gardener takes on a responsibility when he grows a plant. It's a living entity, its future dependent on the gardener's ability to provide conditions for growth. Each day as he tends his garden, the gardener observes the growth of his plants, and sees in that a measure of his success in planting, watering and fertilizing. He identifies with his garden and builds a personal relationship with it. The garden becomes an extension of himself, a highly visible representation of his individuality. All of this enhances his self-image, helping to create self-esteem.

PLANTS ABSORB DANGEROUS TOXINS

Off-gassing is currently a top concern among facility management professionals. The EPA identified the most common toxins present in offices and hospitals, and the most predominant was formaldehyde. Following are the extraordinary toxin removal rates that common office plants provide.

Removal Rates Of Formaldehyde From Sealed Chambers By Plants Grown In Potting Soil	
Name	Removal Rate By Micrograms Per Hour
Dwarf date palm (Phoenix roebelenii)	1385
Bamboo palm (Chamaedorea seifrizii)	1350
Janet Craig (Dracaena deremensis)	1328
Weeping fig (Ficus benjamina)	940
Peace lily (Spathiphyllum "Clevelandii")	937
Areca palm (Chrysalidocarpus lutescens)	938
Corn plant (Dracaena fragrans "Massangeana")	938
Lady palm (Rhapis excelsa)	876

PLANTS HELP US TO STAY HEALTHY AT WORK

Professor Tove Fjeld of the Agricultural University in Oslo, Norway carried out several conclusive studies regarding health claims relating to Sick Building Syndrome among office workers. This crossover study was conducted among 51 offices over two years.

When plants were included in the offices, study participants were exposed to 13 commonly used foliage plants. The score sum of 12 symptoms was 23% lower during the period when participants had plants in their offices. This translated into a 14% decrease in absenteeism.