

Need-to-know facts on health, wellbeing and wood



Wood for Good



90%



Of our time is spent in buildings or cars. Yet many of today's buildings still create issues such as Seasonal Affective Disorder (SAD), depression and lung disease.

Of respondents to a Saint Gobain survey said they wanted a home that doesn't compromise their health and wellbeing.



8,600

The reduction in heart beats per child per day when they are taught in timber-built classrooms, according to an Austrian study in 2010.

The study also found a timber-based environment helped to significantly lower stress levels.

1/3

Of survey participants would happily pay more for a healthy home.



Workers in offices with wooden interiors have conveyed feelings of innovation, energy and comfort.



61%



A Japanese study found exposure to wooden panels significantly decreases blood pressure, while exposure to steel panels makes it rise.

The increase in your cognitive ability when you are in a green building, according to a Saint Gobain survey.

This increased to 101% when additional ventilation rates were introduced.

Another Japanese study in a care home found that wooden furniture helped to increase interaction between residents.

Wood lowers the human sympathetic nervous system (SNS). SNS is what causes stress responses and increased blood pressure and heart rate.



Wood products in a room have been shown to improve indoor air quality by moderating humidity.

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