

## Want to Sleep Better? Add CAM Plants to your Bedroom!

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What is CAM you ask? CAM plants are those that absorb CO<sub>2</sub> through the Crassulacean acid metabolism or CAM process. It was initially found in plants belonging to the Crassulaceae family. They can be found in areas that are barren and arid. The CAM pathway has been modified to reduce photorespiration and moisture loss. Cactus, pineapple, and other plants are examples.

There has been a lot of research and discussion on CAM plants releasing oxygen, as the stomata is closed during the daytime. Many researchers reveal that when the stomata opens at night time, it releases oxygen. While some say that the oxygen diffuses from the membrane throughout the day and night. CAM plants elevate oxygen levels and they absorb carbon dioxide from the air during the nighttime, thus making the surrounding air in the room much safer to breathe.

The CAM Plants:

**The Snake plant**, *Sansevieria* is one of the most popular plants with the ability to generate oxygen at night. Through the process of Crassulacean Acid Metabolism, it actually produces more oxygen in the dark than it does during the day. Not only that, but snake plants also filter various pollutants from the air, such as formaldehyde, xylene, and toluene, among others. This makes them especially beneficial for people who are sensitive to air quality, as they reduce the levels of airborne pollutants in



the room. With its appealing foliage and air-purifying benefits, the snake plant makes a great addition to any bedroom.

**The African Milk Tree**, or *Euphorbia trigona*, is an eye-catching houseplant with interesting features. Even though it is a cactus, its leaves are deep green and glossy with a distinct three-sided shape. This plant is also known for its air-purifying capabilities, as it can absorb and filter out toxins including formaldehyde and benzene from the air.



Additionally, the African Milk Tree is one of the few plants that release oxygen at night. This makes it a great plant for your collection, as it will help freshen the air while you sleep.

**Bromeliads** are another great houseplant that produces oxygen at night. This oxygen production helps promote a more restful sleep and can help reduce stress levels.



**Jade plant**, *Crassula ovata* makes a good houseplant as it grows well in the restricted root space of containers, is relatively slow-growing, likes the warm, dry conditions found in most homes, and tolerates neglect. Jade plants purify the air in your home by absorbing certain airborne chemical compounds. Compared to other plants shown to improve air quality in homes jade plants have proven to be one of the most effective.





**Aloe vera** is one of the most important plants that produces oxygen at night, due to its adaptations to arid conditions. It is able to absorb carbon dioxide and release oxygen during the night, which helps to purify the air and provide people with a high-quality of air to breathe. Aside from its oxygen-producing properties, aloe vera is also known for its medicinal properties, as well as adding humidity to the room.



**Ficus religiosa**, the sacred fig, The tree is semi-epiphyte and uptakes CO<sub>2</sub> at night as a part of the CAM process. They contain antibacterial properties that can cure tooth decay, toothache, mouth ulcers, and eye pain.



**Orchids** This epiphyte is famous for its spectacular blooms with a unique floral arrangement. The plant adds timeless charm to the interior beauty and elevates the level of oxygen in the air.



**Holy Basil** aka tulsi plant, *Ocimum tenuiflorum* is native to India and mostly cultivated in south-eastern Asia, its used a lot in Thai cooking. It is a highly prized for its medicinal qualities. It is used to treat Asthma, cold, sore throat, high bp and cholesterol issues. It is an excellent stress relaxant and inflammation controller. All that AND it releases oxygen at night to help you sleep better.