

## Breathe Easy with Houseplants!

Compiled by Ann Wetzel

Plants have this amazing ability to absorb carbon dioxide and release oxygen through photosynthesis, making them natural air purifiers. By having them in our living spaces, we can enhance the air quality and create a healthier environment for ourselves, our families, and our pets. All plants produce oxygen but some are truly over-achievers and can really enhance your living environment.

**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. They contain antibacterial properties that can cure tooth decay, toothache, mouth ulcers, and eye pain.



**Spider Plant** The spider plant is noted for filtering carbon monoxide, formaldehyde, and benzene from the air. It's a fantastic oxygen-producing indoor plant. It's also recognized for distributing positive energy and aiding anxiety and stress management. Great for beginners, very easy to care for.



**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, it's 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 blood pressure 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.