

We spend ~90% of our time indoors

Adults in the UK spend approximately 90% of their time indoors, according to long-term studies and recent surveys. This includes time in homes, workplaces, and vehicles. Factors like work habits, leisure activities, and climate drive this trend, highlighting the importance of indoor air quality for health and wellbeing.

Understanding Indoor Time: Data and Trends

The 90% Benchmark: Where Does This Figure Come From?

The widely cited statistic originates from the **National Human Activity Pattern Survey (NHAPS)**, which found people spend 87% of their time in enclosed buildings and 6% in vehicles. UK-specific data aligns closely, with adults dedicating over 3 hours daily to indoor leisure activities like socialising and entertainment.

Key drivers include:

- **Work Patterns:** Office-based jobs and hybrid working trends.
- **Leisure Preferences:** Streaming services, gaming, and home-centric hobbies.
- **Climate:** The UK's temperate, often rainy weather discourages prolonged outdoor stays.

Health Implications of Prolonged Indoor Exposure

Spending 90% of time indoors raises concerns about **air quality**, as pollutants like VOCs and mould spores accumulate in poorly ventilated spaces. For instance:

- A study of 300 UK households found elevated pollutant levels in bedrooms and living areas.
- Damp and mould, linked to respiratory issues, thrive in homes with inadequate ventilation.

Regional and Demographic Variations

While the 90% average is consistent, specific groups deviate:

- **Urban vs. Rural:** City dwellers often spend more time indoors due to accessibility of amenities.
- **Age:** Retirees and young children typically have higher indoor exposure.
- **Season:** Winter sees a 5-10% increase in indoor time compared to summer.

Improving Indoor Environments

Optimising indoor spaces is critical. Solutions include:

- **Mechanical Ventilation:** Systems like **VENTI's ARIA or FLUXO** provide continuous air exchange, reducing humidity and pollutants.
- **Behavioural Adjustments:** Opening windows regularly and using air purifiers.
- **Monitoring Tools:** Devices like **COSIE Homes** track humidity and temperature, alerting residents to risks.

Prioritise your health by auditing your indoor air quality today—explore VENTI's ventilation solutions to transform your living space.