PLANTS & HERBS

Place a Snake Plant in Your Bedroom to Help with Insomnia, Asthma & Pet Allergies

By bestfolkmedicine · 21/07/2019 · 2 min read



The snake plant will not just improve the aesthetic aspect of your bedroom, but it will also help you better the air quality and sleep better, experience less allergies, and reduce asthma attacks. It's best to place it there because it transforms carbon dioxide into oxygen at night.

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Being inexpensive and low-maintenance, this plant has also been recommended by NASA along with some other plants as the best common house plants for better indoor air quality.

The Importance of Air Quality

Without doubt, breathing in cold mountain air feels much better than sucking that smoggy air from polluted city streets.

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However, air quality, especially for those who live in big and polluted cities, has become a luxury. This being said, it's pivotal to take the necessary steps and improve the quality of air, at least in our homes.

Keeping specific plants in your home, especially in the bedroom, can be of great aid to better the indoor air quality and help you sleep better.

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When the plant begins improving the air quality in your home, your breathing will also improve and you will experience less headaches, allergies, asthma, hormonal imbalances, etc.

Snake Plant Explained

This plant release oxygen in the evening and also takes in carbon dioxide, a by-product of breathing. Moreover, it's able to filter household toxins such as benzene, formaldehyde, and xylene from the air. Some even claim it has the power to improve the sleep quality.

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The plant is native to Western Africa and in recent decades, it has become quite popular worldwide. It can handle low light for longer periods of time, though it also needs a lot of bright light- ideal for the bedroom- light during the day, dark during the night.

Avoid overwatering the plant as it may rot if the soil remains wet too long.

It needs to be kept away from children and pets because it's potentially toxic if ingested.

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