

The Nursery Air Checklist

The room where your child breathes 10-12 hours a day, fixed in one afternoon — with the honest math behind every step.

Why the nursery first

Per kilo of body weight, young children inhale 2-3× more air than adults. Same room, bigger dose. Indoor air is often 2-5× dirtier than outdoor air (US EPA) — and the nursery is the cheapest room in the house to fix.

The 5-step checklist

- 1

Measure before you buy anything. A monitor tells you if you even have a problem, and which one (particles? CO2? humidity? radon?). Guessing wastes money; measuring targets it.

→ Our pick: an **Airthings monitor** — plug in, connect app, done.

Code **AIRMATH-10OFF** = 10% off at airthings.com
- 2

Fix the big sources first — free. No fresh paint or new pressed-wood furniture in the weeks before the baby arrives (VOC off-gassing); no candles or incense; door closed while cooking; shoes off at the door.
- 3

Add one small HEPA purifier. For a typical nursery (~120-160 ft²) a compact true-HEPA unit on sleep mode is enough — real-world studies show 50-85% PM2.5 reduction. → Our pick: **Levoit Core 300** (~\$100, whisper-quiet, filters ~\$25/6 months).
- 4

Decide the window question with data. Outside cleaner than inside (check free maps: AirNow.gov, PurpleAir, IQAir AirVisual)? Ventilate. Outside dirtier (smog, dust, wildfire)? Window closed, purifier on.
- 5

Keep it running. Purifier on sleep mode 24/7 (a few dollars of electricity per month), filter swap on schedule, monitor alerts on your phone.

The complete setup, priced

Item	Cost	Why
Airthings air monitor	~\$80-300 (<i>~10% with AIRMATH-10OFF</i>)	Know the problem, watch it improve
Levoit Core 300 purifier	~\$100	Quiet, proven, dead-simple
Replacement filters	~\$50/yr	The only recurring cost
Total intervention	~\$180-450 + \$50/yr	For the room that matters most

 **Reader deal:** code **AIRMATH-10OFF** gives **10% off every monitor at airthings.com** (US shipping). Purifier picks for every room and budget: theairmath.pages.dev

The math, honestly stated

Sustained PM2.5 above the WHO guideline (5 µg/m³) measurably shortens average life expectancy (~1 year per 10 µg/m³ — Air Quality Life Index, University of Chicago; NEJM 2009; PNAS 2017). These are population-level statistics, not personal predictions — but they are the best causal evidence in environmental health, and they all point the same way: cleaner air, longer healthier lives.