**KEEP IT COOL WHEN WORKING FROM HOME**

**TAKE CONTROL**

Previous studies suggest that the perfect temperature to maximise productivity should be between 20 and 25 degrees Celsius. However, as our bodies are all different, keeping the room at a temperature that's comfortable for you should do the trick.

**LET SOME FRESH AIR IN**

When working from the same room all day, it can get a little stuffy. Open the windows during the afternoon if you aren't heading out throughout the day.

**GET A HOUSEPLANT**

Many houseplants can help to purify the air in your home, as well as bringing a slice of the outdoors into your home. Barberton Daisy, English Ivy, and Snake plants are good options.