

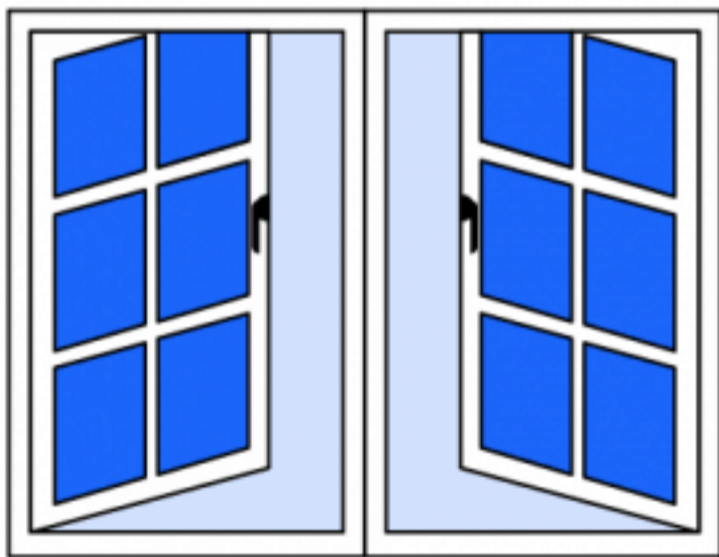
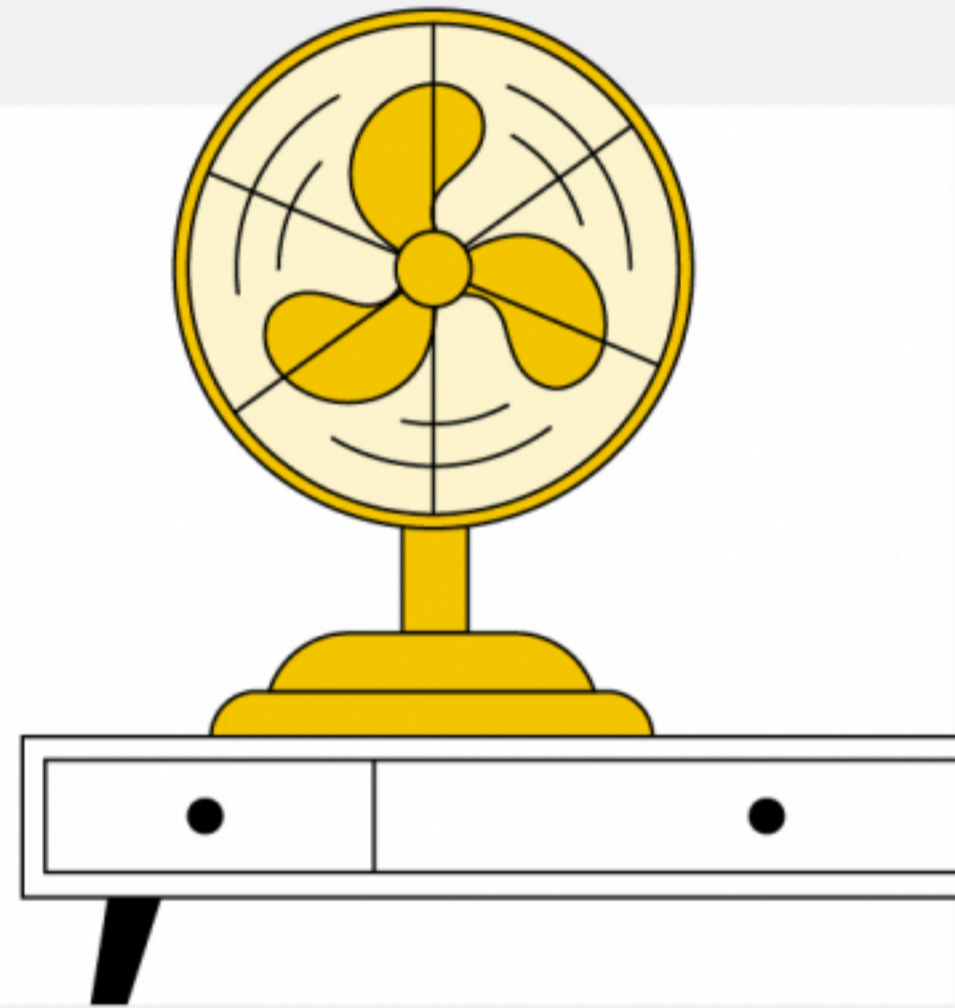
KEEP IT

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.

