

LaRC ENVIRONMENTAL MINUTE

Standard Practice and Environmental Engineering Branch (SPEEB)

Natural Resources

INDOOR PLANTS

Adding a plant to your office area or home can improve your indoor air quality and add a little color to your work area. Indoor plants have also been linked to reduced stress levels and increased productivity.

NASA conducted a study evaluating indoor plants and indoor air quality. The study found which plants are most effective are removing common air pollutants, such as:

- benzene
- formaldehyde
- trichloroethylene
- xylene
- ammonia

NASA research also suggests having at least one plant per one-hundred square feet of the office space or home.

Learn more about the study and see a list of the best air-filtering plants, according to the NASA study, by visiting the link below.

<https://environmental.larc.nasa.gov/natural-resources-management/benefits-of-indoor-plants/>



Many of the indoor plants identified in the study can be found at your local garden center

For more environmental info: <https://environmental.larc.nasa.gov/>