THE AIR MATH

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 *(−10% with AIRMATH-10OFF)*	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.netlify.app**

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.

The Air Math · theairmath.netlify.app · Sources: US EPA Report on the Environment (indoor 2-5×); Pope, Ezzati & Dockery, NEJM 2009; Ebenstein et al., PNAS 2017 / AQLI (aqli.epic.uchicago.edu); WHO Global Air Quality Guidelines 2021; Allen et al. AJRCCM 2011 & Chen et al. JACC 2015 (in-home HEPA interventions). Not medical advice — just math. Affiliate disclosure: some product recommendations earn us a commission at no extra cost to you; we only recommend gear we would use ourselves.