

## Advantages of DESSO carpets

Carpets have traditionally been associated with a feeling of warmth, luxury and opulence. After all, there are few things more appealing than the feel of a soft carpet under bare feet.

In addition to these advantages of carpeting, DESSO carpets have a number of extra plus points when compared to hard flooring. You might be familiar with some of them, but are you also aware of the energy savings and health benefits?

### With a DESSO carpet, you choose for:

1. A healthier indoor climate
2. A reduction of airborne fine dust
3. A noticeable reduction of asthma and allergy-related complaints
4. Improved acoustics
5. Lower energy costs
6. Increased safety; lower risk of injury

1. Since we spend on average more than 90% of our time indoors <sup>1</sup> (at home, at work, etc.), a healthy indoor air quality is of the utmost importance.

Carpet makes your home more comfortable, more tranquil, warmer and safer. All of these qualities contribute to a healthier and more peaceful indoor climate.

2. The air quality is largely dependent on the size and quantity of the dust particles floating in the air <sup>2</sup>.

While rules apply to the quality of outdoor air (e.g. in urban environments) no such rule is in place for indoor air - and that while the quality of the air in many homes falls well below the international requirements for outside air <sup>3</sup>.

Research by the German Allergy and Asthma Association (DAAB)\* has shown that using carpet, as opposed to hard flooring, dramatically reduces the volume of fine dust <sup>3</sup>.

3. Particulate matter, also known as particle pollution or PM, is an umbrella term for extremely small particles. The smaller these particles are, the more hazardous they are to your health, as they are easier to inhale. Through the airways, these can end up directly in the lungs, from where the smallest particles can even travel into the blood stream and end up in vital organs. This can have serious consequences for human health <sup>2</sup>.

In the short term, this could lead to the development of respiratory problems or asthmatic symptoms, and in long-term exposure can also increase the risk of cardiovascular diseases <sup>4</sup>.

Research by the DAAB has indicated that carpets help reduce the presence of fine dust particles in the indoor air <sup>3</sup>.

4. Sound can also have a negative effect on human health and wellbeing. Of all indoor sounds, sounds that travel via the floor are considered to be the most annoying <sup>4</sup>.

Carpets absorb more sound than any kind of hard flooring. Carpet reflects sound for only half as long as hard flooring does, which results in a pleasant environment in which to conduct conversations calmly. Carpets reduce contact noise by 25 to 34 dB, compared with only 1 to 6 dB in the case of laminate flooring <sup>4</sup>.

5. A lot of heat escapes through the floor. Carpets counter this by their insulating effect<sup>5</sup> which can be as much as 10 times that of hard flooring, depending on the carpet's pile height and yarn type <sup>4</sup>.

In Winter, the use of carpets instead of an average hard flooring decreases energy costs. The room temperature can be reduced while the energy bill declines, without having to compromise on comfort <sup>4</sup>.

6. In comparison to other types of flooring, people slip less often on carpets. They also have the smallest chance of a fracture. Hard surfaces are less resilient, which increases the risk of injury <sup>4</sup>.

## References

- (1) Indoor Air Pollution; An introduction for Health Professionals
- (2) [Website United States Environmental Protection Agency](#) (March 2010)
- (3) ALLERGIE konkret special, Das magazin zu Allergien, Asthma und neurodermitis, Deutsche Astma en Allergie Bund, 2005
- (4) ECRA report – Carpet I Design your comfort, 2006
- (5) Study by Dr Lothar Siebel, Sachverständiger für Bauphysik, Aachen