The need for plants in your working environment
Ten key facts

1. Bring nature inside so that we can connect with nature while we work (biophilia) – something we all need even if we don't realise it

2. To refresh and clean the air we breathe – improving air quality in our work place; plants release oxygen while absorbing CO_2 and other toxins (CO_2 levels -50% Edinburgh). Did you know that inside air could be 10 times more polluted than outdoor air?

3. To keep us calm – plants help to reduce our stress levels

4. Because plants have a positive effect on our moods – they make us feel happier. This was confirmed by research reported in 2014 into lean versus green offices

5. They up the ante on productivity. The lean versus green study carried out in real offices found that the inclusion of plants in the office could raise productivity levels by 15%

6. Plants help us concentrate (+23%). Several studies have shown that working in green surroundings improve concentration levels this includes students in lecture halls

7. Plants absorb noise especially in areas where there are hard surfaces – use them as barriers in open plan offices

8. Plants can raise humidity levels which make it more comfortable for us but also reduce the number of dust particles in the air (-20%)

9. Outside green walls help to buffer outside noises and insulate the building but also help to clean the outside air (-30%) and absorb dust and other particles in the air – really useful in built up areas

10. Green roofs are not only better to look out on if you're in a high rise office, but also act as thermal insulation helping to reduce energy costs within the building. They also help to absorb external noise and assist rain water run-off. In addition they encourage biodiversity.