SAMPLE REPORT · EXAMPLE ONLY

# What you get after a Home visit

A clear, two-minute read: a score for every room, each reading against its healthy level, what it means in plain English and a fix list in order, quick wins first. Then we retest.

Hearth & Hale
HOME HEALTH REPORT

**Flat 2, NW6 · example only**
Fictional two-bed flat · Home visit, 90 minutes · Readings: Airthings logs + on-visit meters
Prepared by [London lead's name]

**EXAMPLE ONLY · ILLUSTRATIVE NUMBERS FOR A FICTIONAL FLAT · NOT A REAL CLIENT AND NOT A PROMISE OF RESULTS**




Average of the four areas below. Each reading scores 100 if it meets the healthy level, 50 if borderline and 0 if it needs fixing.

## The short version

- **The main bedroom is the priority.** Stale air, street noise and streetlight are all working against your sleep there.
- **Damp in the second bedroom** is condensation, not a leak: moisture is the cause and ventilation is the fix.
- **The kitchen** has easy wins: hood on, plastic out, filtered water in. The pipe may be lead; one lab test will tell us.
- **Good news:** radon is low, chlorine is normal and the second bedroom is dark and quiet.

### Main bedroom — 29 / 100

Street-facing double, two sleepers, sash window onto a bus route

- $CO_2$
- Fine particles PM2.5
- Humidity
- Night noise at the pillow
- Bedroom temperature
- Light at the pillow
- VOCs (TVOC screening)

**Top issue:** Stale air, noise and streetlight

### Second bedroom — 64 / 100

Rear, single sleeper, north-facing outside wall

- $CO_2$
- Fine particles PM2.5
- Humidity and damp
- Night noise at the pillow
- Bedroom temperature
- Light at the pillow
- VOCs (TVOC screening)

**Top issue:** Condensation mould on the north wall

### Living room — 58 / 100

Open plan with the kitchen, gas hob, recirculating hood

- $CO_2$
- Fine particles PM2.5
- Gas hob and hood
- Humidity
- VOCs (TVOC screening)
- Radon (View Plus screening)

**Top issue:** Cooking particles from the gas hob

### Water and kitchen — 50 / 100

Kitchen tap, cupboards and pans

- Supply pipe check
- Chlorine (strip test)
- Plastics that touch hot food
- Drinking water habit

**Top issue:** Plastic in the kitchen; possible lead pipe

**Fix** needs fixing · **Watch** borderline, worth watching · **Good** meets the healthy level

# Your readings, room by room

Each reading next to the healthy level we aim for. Tap a reading for the science behind it.

## Main bedroom · Street-facing double, two sleepers, sash window onto a bus route

| Reading | Your result | Healthy level | Status | What this means |
|---|---|---|---|---|
| $CO_2$, overnight peak | **2,150 ppm** | under 1,000 ppm (ideally under 800) | Fix | By 3am the air is stale. The window is shut for noise, the door is closed and there is no vent, so $CO_2$ from two sleepers builds all night. |
| Fine particles PM2.5, 24 h | **14 µg/m³** | under 15 (24 h); 5 annual (WHO) | Watch | Traffic particles from the road get in round the sash. Just inside the 24-hour guideline, well above the annual one. |
| Humidity | **64%** | 40-60% | Watch | A little damp, mostly from breathing overnight with no fresh air. |
| Night noise at the pillow | **41 dB(A), peaks 58 dB** | under 30 dB(A), peaks under 45 dB (WHO) | Fix | Buses and sirens come through the single-glazed sash and the gaps round it. The peaks are what pull you out of deep sleep. |
| Bedroom temperature, night | **22.5°C** | 19-21°C (our guide) | Watch | Slightly warm for deep sleep; heating runs late. |
| Light at the pillow, 1am | **6 lux** | under 1 lux | Fix | Streetlight round the edges of the curtains and a standby LED. Enough to matter for your body clock. |
| VOCs (TVOC screening) | **410 ppb** | under 250 ppb (Airthings guide band) | Watch | New wardrobe and plug-in air freshener. A screening signal, not a lab result. |

## Second bedroom · Rear, single sleeper, north-facing outside wall

| Reading | Your result | Healthy level | Status | What this means |
|---|---|---|---|---|
| $CO_2$, overnight peak | **1,240 ppm** | under 1,000 ppm | Watch | Better than the main bedroom because the door stays open, but still over the line by morning. |
| Fine particles PM2.5, 24 h | **6 µg/m³** | under 15 (24 h); 5 annual (WHO) | Watch | Quiet side of the building; close to the annual guideline. |
| Humidity and damp | **72%, mould spot behind the wardrobe** | 40-60%, no mould | Fix | Cold north wall, laundry dried on the radiator and furniture tight to the wall: classic condensation mould. |
| Night noise at the pillow | **31 dB(A), peaks 44 dB** | under 30 dB(A), peaks under 45 dB | Watch | Fine for most people; a neighbour's door is the main event. |
| Bedroom temperature, night | **19.5°C** | 19-21°C (our guide) | Good | Good. |
| Light at the pillow, 1am | **0.6 lux** | under 1 lux | Good | Good: blackout blind already fitted. |
| VOCs (TVOC screening) | **180 ppb** | under 250 ppb (guide) | Good | Good. |

## Living room · Open plan with the kitchen, gas hob, recirculating hood

| Reading | Your result | Healthy level | Status | What this means |
|---|---|---|---|---|
| $CO_2$, evening peak | **1,050 ppm** | under 1,000 ppm | Watch | Four people for dinner with the windows shut. |

| Reading | Your result | Healthy level | Status | What this means |
|---|---|---|---|---|
| Fine particles PM2.5, 24 h | **17 µg/m³ (cooking peak 38)** | under 15 (24 h) | Fix | Frying on gas with a hood that recirculates rather than extracts. |
| Gas hob and hood | **Gas hob; hood recirculates** | ducted hood, or induction | Watch | Gas hobs give off $NO_2$; a recirculating hood doesn't remove it. Back burners and an open window help today. |
| Humidity | **58%** | 40-60% | Good | Good. |
| VOCs (TVOC screening) | **620 ppb** | under 250 ppb (guide) | Watch | Scented candles and cleaning sprays. |
| Radon (View Plus screening) | **30 Bq/m³** | under 100 Bq/m³ (UKHSA target) | Good | Low, as expected for NW6. Nothing to do. |

## Water and kitchen · Kitchen tap, cupboards and pans

| Reading | Your result | Healthy level | Status | What this means |
|---|---|---|---|---|
| Supply pipe check | **Grey metal pipe at the stopcock; 1890s house conversion** | no lead pipe | Watch | It may be lead. Water that sits overnight in a lead pipe can pick it up. A £60 UKAS lab test will tell us for sure. |
| Chlorine (strip test) | **0.4 mg/L free chlorine** | normal for a treated supply | Good | Normal: it keeps the supply safe. We only filter the water you drink. |
| Plastics that touch hot food | **17 items incl. plastic kettle, 2 scratched non-stick pans** | none | Fix | Heat and scratches make plastic and PTFE shed into food and water. |
| Drinking water habit | **About 6 litres of bottled water a week** | filtered tap water | Watch | Bottled water is one of the biggest sources of microplastics we know of. |

# What to fix, in order

Quick wins first. Costs come from our price list; estimates are marked. You choose what to do.

## Quick wins this week

Free

| | | |
|---|---|---|
| 1 | Main bedroom door ajar at night, or the sash on its night latch when it's quiet<br>$CO_2$ | **£0** |
| 2 | Hood on and back burners every time you cook; window open for 10 minutes after<br>PM2.5, $NO_2$ | **£0** |
| 3 | Pull the wardrobe 5 cm off the north wall; dry laundry by an open window, not on the radiator<br>Mould | **£0** |
| 4 | Stop heating food in plastic; run the cold tap for 30 seconds first thing<br>Plastics, lead | **£0** |
| 5 | Switch off the plug-in air freshener and scented candles<br>VOCs | **£0** |

## Under £100 each

Do these next

| | | |
|---|---|---|
| 6 | Seals on the main bedroom door and sash, plus foam earplugs<br>Noise | **about £20 (estimate)** |
| 7 | Evening red lamp by the bed<br>Light | **£45.95** |
| 8 | Yogasleep Dohm sound machine, kept low (optional)<br>Noise | **£47.95** |
| 9 | UKAS lab lead test, first-draw and flushed (SimplexHealth)<br>Lead | **£60** |

## The big fixes

In the Home package

| | | |
|---|---|---|
| 10 | Trickle vents in both bedrooms, acoustic on the street side<br>$CO_2$, damp | **about £240 (estimate)** |
| 11 | Motorised blackout blinds in the main bedroom, fitted<br>Light | **about £300 (estimate)** |
| 12 | Fitted acoustic blackout curtain on the street window<br>Noise | **about £250 (estimate)** |
| 13 | MeacoDry Arete One 10L dehumidifier; mould treated<br>Damp | **£159.99** |
| 14 | HEPA purifiers: Airmega Mighty in each bedroom, Airmega 450 in the living room<br>PM2.5 | **£219.99 each; £439.99** |
| 15 | Plastic-free kitchen set and AquaTru under-sink RO, fitted<br>Plastics, water | **£170.55; £575** |

## Later, if you want to go further

Optional

| | | |
|---|---|---|
| 16 | Induction hob instead of gas<br>$NO_2$ | **quoted** |
| 17 | Acoustic secondary glazing on the street window<br>Noise | **£580-£1,400 (estimate)** |
| 18 | Pans upgrade: steel saucepans and an iron frying pan<br>PFAS | **£247.40** |

## Your Home package quote

Everything in "The big fixes" plus the Start kit items, fitted in one day. Prices per room as on our price list.

| | |
|---|---|
| 2 bedrooms × £1,850 | £3,700 |
| 1 living room | £975 |
| Home kit (kitchen, water, light) | £850 |
| Dehumidifier (if your home is damp) | £160 |
| **Home package total for this flat** | **£5,685** |
| Home visit already paid (credited) | −£395 |
| **Left to pay at install** | **£5,290** |

# Before and after: your retest

Six weeks after fitting we put the monitors back and read every room again. Example numbers.

| Main bedroom | Second bedroom | Living room | Water and kitchen |
|---|---|---|---|
| 29 → 93 | 64 → 100 | 58 → 83 | 50 → 100 |

| Reading | Before | After |
|---|---|---|
| Main bedroom: $CO_2$, overnight peak | Fix 2,150 ppm | Good 820 ppm |
| Main bedroom: Fine particles PM2.5, 24 h | Watch 14 µg/m³ | Good 4 µg/m³ |
| Main bedroom: Humidity | Watch 64% | Good 52% |
| Main bedroom: Night noise at the pillow | Fix 41 dB(A), peaks 58 dB | Watch 33 dB(A), peaks 46 dB |
| Main bedroom: Bedroom temperature, night | Watch 22.5°C | Good 20.5°C |
| Main bedroom: Light at the pillow, 1am | Fix 6 lux | Good 0.4 lux |
| Main bedroom: VOCs (TVOC screening) | Watch 410 ppb | Good 220 ppb |
| Second bedroom: $CO_2$, overnight peak | Watch 1,240 ppm | Good 760 ppm |
| Second bedroom: Fine particles PM2.5, 24 h | Watch 6 µg/m³ | Good 3 µg/m³ |
| Second bedroom: Humidity and damp | Fix 72%, mould spot behind the wardrobe | Good 55%, treated, no regrowth |
| Second bedroom: Night noise at the pillow | Watch 31 dB(A), peaks 44 dB | Good 29 dB(A) |
| Living room: $CO_2$, evening peak | Watch 1,050 ppm | Good 780 ppm |
| Living room: Fine particles PM2.5, 24 h | Fix 17 µg/m³ (cooking peak 38) | Watch 6 µg/m³ |
| Living room: Gas hob and hood | Watch Gas hob; hood recirculates | Watch Hood on every time; induction quoted |
| Living room: VOCs (TVOC screening) | Watch 620 ppb | Good 240 ppb |
| Water and kitchen: Supply pipe check | Watch Grey metal pipe at the stopcock; 1890s house conversion | Good Lab: 6 µg/L first draw; under 1 µg/L after RO |
| Water and kitchen: Plastics that touch hot food | Fix 17 items incl. plastic kettle, 2 scratched non-stick pans | Good 0 (set swapped; pans upgraded) |
| Water and kitchen: Drinking water habit | Watch About 6 litres of bottled water a week | Good RO tap; no bottles |

How we measure: Airthings Wave Enhance and View Plus logs (NDIR $CO_2$, laser PM2.5, TVOC, humidity, temperature, light, sound), plus a calibrated sound level meter, lux meter, NDIR $CO_2$ meter and pin moisture meter on the visit; strip tests for chlorine; UKAS lab for lead. Healthy levels: WHO 2021 air quality guidelines, WHO 1999 community noise guidelines, ASHRAE-funded bedroom $CO_2$ review (2025), expert consensus on light (Brown 2022), UKHSA radon levels, UK Water Supply Regulations 2016. Not medical advice. See the science.