

Healthy Home Design Checklist

Design a healthier home in 30 days using evidence-based wellness architecture principles.

The Wellness Home Scorecard: Rate Your Home

Your home influences how you sleep, breathe, move and feel every day.

This guide helps you evaluate your home and identify simple improvements that can improve long-term well-being.

 Light

 Air

 Nature

 Acoustics

 Comfort



Movement

Healthy Home Design Checklist

LIGHT

- East-facing bedroom window for morning light
- Warm-white LEDs (2700K) in bedroom and living areas
- Blackout curtains or blinds in bedroom
- No blue-spectrum screens in bedroom after 9 PM
- Clerestory or skylight for deep-plan rooms
- Solar shading (chajja, louvres, pergola) on east and west facades

AIR

- Cross-ventilation possible in every primary room
- Low-VOC paints and adhesives throughout
- No synthetic fragrance products used indoors
- Kitchen exhaust hood vented to outside
- CO2 levels monitored and below 1000 ppm
- At least 3 air-purifying plants in the home

NATURE

- Nature view from main living spaces and bedroom
- Natural materials used (timber, stone, clay, rattan)
- Indoor plants in primary rooms
- Outdoor space designed for daily use
- Natural sounds present (garden, water feature)

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COMFORT

- Bedroom night noise level below 35 dB
- Acoustic soft furnishings in main living areas
- Solid-core bedroom door with acoustic seal
- Indoor relative humidity 30–60%
- Thermal comfort achieved without AC below 22°C
- Ceiling fans installed in all living and sleeping areas

MOVEMENT

- Staircase well-lit and inviting
- Outdoor or balcony space accessible from main living area
- Movement space or yoga zone designated
- Kitchen layout encourages standing and movement

MATERIALS

- No formaldehyde-emitting pressed-wood furniture in bedrooms
- Natural flooring (timber, stone, clay tile, cork) preferred
- Mould-free bathrooms with adequate ventilation
- Water filter fitted to primary drinking source

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Healthy Home Scorecard

Score your home (1-5)

The Wellness Home Scorecard: Rate Your Home

Use this scorecard to assess your home's current wellness performance.

Rate each category 1–5, where 1 = poor and 5 = excellent.
Total score out of 50.

Wellness Category	Your Score (1–5)
Sleep Environment	
Indoor Air Quality	
Natural Light	
Thermal Comfort	
Acoustic Comfort	
Nature Connection (Biophilia)	
Movement Opportunities	
Material Health (Low-VOC)	
Stress Reduction	
Outdoor Access	
TOTAL SCORE	/ 50

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30-Day Wellness Home Action Plan

Small, consistent actions compound into real change. Follow this four-week plan to begin transforming your home into a healthier space.

Week 1: Light and Sleep Quality

- Open blinds every morning within 30 minutes of waking
- Replace harsh cool-white bedroom bulbs with warm-white LEDs (2700K)
- Add blackout curtains or a sleep mask if needed
- Remove all screens from the bedroom, or set to blue-light night mode

Week 2: Air and Nature Connection

- Improve cross-ventilation — identify two opposite windows and open both each morning
- Purchase and position 3 indoor air-purifying plants
- Stop using synthetic-fragrance candles and air fresheners indoors
- Clean air-conditioning filters or arrange a service

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30-Day Wellness Home Action Plan

Week 3: Comfort and Materials

- Identify and reduce the main noise sources affecting sleep
- Add a natural-material element to the primary living space (timber, stone, rattan, cork)
- Check thermal comfort — adjust AC target temperature upward by 1–2°C with ceiling fan assist
- Ventilate bathrooms and kitchen actively after use to control humidity

Week 4: Long-Term Wellness Planning

- Complete the Wellness Home Scorecard (Section 10)
- Identify your top three upgrade priorities based on your score
- Research one mid-range upgrade and request a quote
- Download the ARCNET Healthy Home Design Checklist (see Downloads section)

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Wellness Design Impact Matrix

This matrix shows how each design decision affects key health outcomes.

Ratings: ★★★ High impact ★★ Medium impact ★ Low impact

Design Element	Sleep	Mood	Productivity	Stress	Physical Health	Long-Term
Circadian Light	★★★	★★★	★★	★★	★★	★★★
Biophilic Materials	★★	★★★	★★	★★★★	★	★★
Indoor Air Quality	★★	★★	★★★★	★★	★★★★	★★★★
Acoustic Comfort	★★★★	★★	★★	★★★★	★★	★★★★
Thermal Comfort	★★★★	★★	★★	★★	★★	★★
Outdoor Space	★	★★★★	★★	★★★★	★★★★	★★★★
Movement Design	★	★★	★★	★★	★★★★	★★★★