



RECIPRIC

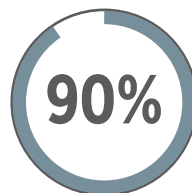
OPTIMIZE YOUR HOME TO

Prioritize rest & recovery
Elevate productivity & mental wellbeing
Boost mood & physical health

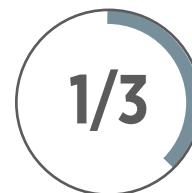
LEARN MORE ABOUT THE
HOME FIELD ADVANTAGE PACKAGE
RECIPRIC.COM

Your home can dramatically impact your health and wellbeing.

The New York Times
Your Building Can Make You Sick or Keep You Well



of your time is spent indoors



of your life is spent in the bedroom



5 Surprising Ways Buildings Can Improve Our Health

The latest trends in green design go far beyond energy and water efficiency to improve our daily lives.

THE NEW YORKER
IS STAYING IN STAYING SAFE?

Indoor life has its dangers, too, but building-design specialists have big plans for us.

RECIPRIC IS YOUR AGENT FOR A HEALTHIER HOME

RESEARCH-BASED SOLUTIONS PROVIDED BY:



HEALTHY BUILDINGS
FOR HEALTH

HARVARD TH CHAN
SCHOOL OF PUBLIC HEALTH



TERRAPIN
BRIGHT GREEN



INTERNATIONAL
WELL
BUILDING
INSTITUTE™

TOP FIVE WAYS TO Optimize Your Home



Indoor Air Quality

Let's make the invisible visible.

- Improved Air Quality through monitoring and filtration can boost concentration by 8-11%.
- Almost 75% of exposure to the most dangerous pollutants occur at home.

Lighting Quality

- **Nightshift on your phone exists for a reason.** Discolored lighting suppresses melatonin and shifts circadian rhythm by 2x.
- Human-Centric lighting aligns to your circadian rhythm to promote natural sleep cycles

Acoustic Comfort

Just because you're 'used to it' doesn't mean it's healthy.

- Noisy environments increase coronary heart disease risk by 8% per dB(A)
- White noise improves sleep by 38% and daytime concentration by 15%.

Plants & Natural Tones

Yes, really. Nature is statistically proven to help.

- Just 40 seconds of observing even a photo of a flower can boost attention and performance by 6%.

Water & Nutrition

Measuring macros and counting calories only goes so far.

- 80% of people are dehydrated, which may be caused by humidity levels or perceived lack of access to water.
- Eating Fruits & Vegetables reduces depression by 27%.