



Benefits of *Cleanliness*

Research has found that cleaning can have a number of positive effects on your mental health.

Here are some of the benefits of cleaning and decluttering your home or office:



Cleaning can benefit physical health



Gain control of your environment



Improve your mood



Increase your focus



Improve your sleep



More free time



Lightens the mental load

Getting rid of clutter would **eliminate 40%** of housework in the average home.