

Maid Service Direct Explains How House Cleaning Can Benefit Health

February 25, 2022

February 25, 2022 -
Maid Service Direct, a professional home cleaning company based in Philadelphia, PA, has recently released an article that explains how house cleaning can benefit a person?s health. There is scientific proof that a clean and neat home can offer some health benefits. In contrast, allowing a home to become disorderly and messy can have negative effects on a person?s physical and emotional well-being.

There are many ways in which house cleaning can be advantageous to one?s health. These include: less stress; more energy and activity; increased productivity; healthier food choices; and less frequent illness.

There will be less stress in a clean home because the accumulation of visual clutter can actually cause the accumulation of mental clutter. In a 2010 study published in the Personality and Social Psychology Bulletin, it was observed that women living in disorderly homes have higher levels of cortisol than women who live in neat homes. This means that one?s environment has a direct effect on one?s stress levels. By taking care of any uncompleted tasks in the home one may be able to control stress levels.

Another way in which house cleaning can have a positive impact on one?s health is home cleaning allowing a person to engage in more activity. While cleaning will not cause a person to burn as many calories as a high intensity interval training session, it will allow a person to burn much more calories compared to just sitting on the couch. Keeping the home neat and clean can provide the body with some exercise at different times throughout the week.

A third way in which house cleaning can benefit one?s health is through increased productivity. When a room is disorderly, it is easy to find something that can be used to procrastinate and postpone what one is doing. If the home is neat and orderly, it is much easier to get things done. A 2011 study revealed that visual stimuli can actually compete for one?s attention.

Having a clean and orderly home can also lead to healthier food choices. This is in relation to a disorderly home resulting in higher stress levels. This is because people who are stressed and anxious often have a strong craving for junk food. And cleaning may actually encourage a person to make healthier food choices. In a 2013 study published in Psychology Science, it was observed that people who had been working in an orderly workplace were twice as likely to prefer an apple over a chocolate bar after completing their work.

And finally, house cleaning can offer health benefits because of less frequent illness. A clean house has much less germs and bacteria, which may cause illnesses. Furthermore, dust and allergens that accumulate in upholstery, bedding, and carpeting over time, can worsen asthma symptoms and allergic reactions in the home.

It has been shown that home cleaning can provide significant advantages for one?s health and well-being. However, some people don?t have the time to really perform a good cleaning job. The solution may be to hire a professional cleaning service and benefit from the advantages of having an orderly and clean home.

The full article can be read here at this link: https://maidservicedirect.com/how-house-cleaning-benefits-health/

Maid Service Direct - Northeast was founded to provide help to people, who are incapable of performing their house cleaning tasks because they don?t have the time or for whatever reason. It has been their primary goal to make it easier for people to have a clean home. With their team of expert cleaning professionals and their online booking system, people can easily have their home cleaned. People can have peace of mind knowing that their house or building will be cleaned thoroughly, ensuring that no harmful microorganisms remain in the premises. All of the home cleaners from Maid Service Direct have been fully background checked and vetted, which ensures that people can trust them. They can also offer different kinds of maid services, including deep cleaning services, move in/move out cleaning services, house cleaning services, apartment cleaning

services, and more.

People who would like to know more about the home cleaning services provided by Maid Service Direct - Northeast can visit their website, or contact them through the telephone or via email. They are open from 8:30 am to 6:30 pm, from Monday to Saturday.

###

For more information about Maid Service Direct - Northeast, contact the company here:Maid Service Direct - NortheastElaine Davison215-974-0600support@maidservicedirect.com3714 Byrne Rd.Philadelphia, PA 19154

Maid Service Direct - Northeast

Maid Service Direct is the first choice of home and business owners for their home cleaning in Philadelphia and the surrounding areas. We offer professional house cleaners and convenient online booking.

Website: https://maid-service-direct-northeast.business.site/

Email: support@maidservicedirect.com

Phone: 215-974-0600