The Impact Allergens Have on Your Health

It's no secret that removing the clutter in your home can be good for your mental health, but not everyone knows that it can be good for their physical health as well. Specifically, decluttering can help reduce the allergens in your home. Here are a few reasons why. 

**It Makes Cleaning Easier**   
  
There are no doubt places in your home that are hard to reach with a broom or a vacuum cleaner; even a well-organized home has these troublesome places. If it's been a while since you've organized your house or apartment, there are probably even more areas than the average home that have collected dust, pet dander, and other things that can wreak havoc on anyone in your family with allergies.

Eventually, your HVAC system will spread these allergens throughout your home, causing all of the upper respiratory issues and allergic reactions that you want to avoid. Simply removing the clutter in your home will remove at least some of the hard-to-reach places and ensure that your vacuum and broom collects all of the dust and pet hair that they're supposed to. 

**It Gets Rid of Things That Collect Dust**   
  
A cluttered home is full of things that are going unused and are literally collecting dust. Just like the hard-to-reach corners of your home, this dust can cause serious problems as it is allowed to be distributed throughout your home. Decluttering your home might not get rid of all the dust in your home if you haven't dusted your furniture or vacuumed your carpets lately, but it will cut down on it more than you would think. Go through what you don't think you need the next time you dust your furniture to find out for yourself. 

**It Makes It Easier to Find Your Cleaning Supplies?**   
  
If your home is overly cluttered, you might find that you won't be able to find all of your cleaning supplies when you need them. Eventually, your broom, vacuum, dusters, and cleaning sprays will be lost somewhere in your home, which will obviously make clearing out the various allergens in your home a lot harder. Not being able to find all of your cleaning supplies shouldn't be the impetus to declutter your home, but it is something to keep in mind. You should be sweeping, vacuuming, and dusting your home at least once a week if you want it to be allergen-free, so anything you can do to make that easier is a good idea.   
  
Like we said before, a dirty home that triggers your allergies shouldn't be the only impetus to get rid of your clutter, but it will be far more helpful than you might think. If nothing else, think of it as just one more benefit to having a well-organized home.