



Clean home, clear mind



THE SURPRISING IMPACT OF CLEANING ON OUR MENTAL HEALTH



Data from a 2024 survey by the American Cleaning Institute suggests the simple act of cleaning may yield more than surface-level benefits. **Here's what respondents had to say about its surprising connection to their mental health.**

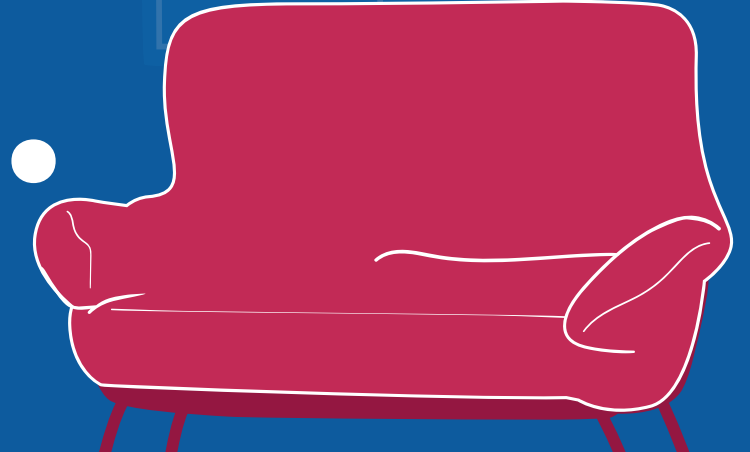


87%

of Americans feel their best — both **mentally** and **physically** — when they have a clean home.



Having a clean home...



FINISH



70%

Gives me a sense of accomplishment



66%

Boosts my mood



63%

I feel more productive



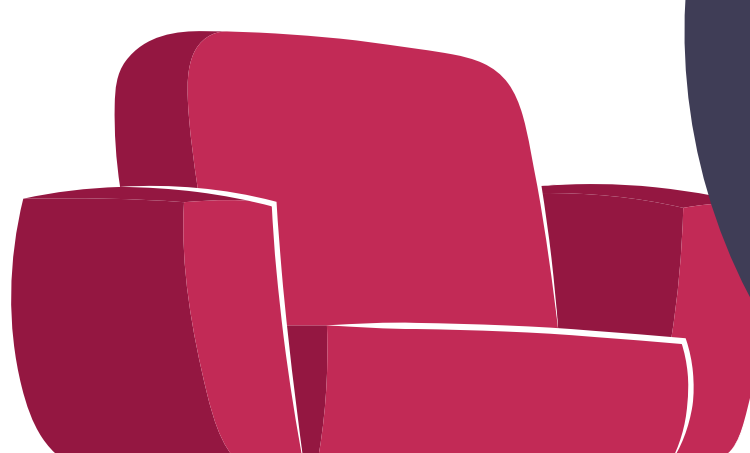
60%

Decreases my stress/anxiety



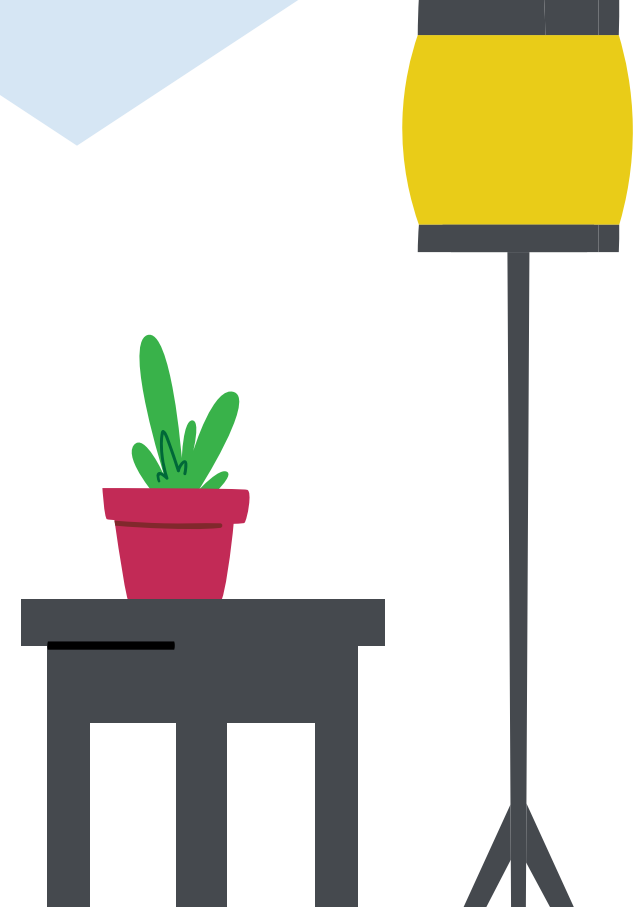
51%

Gives me more confidence



47%

Helps me focus



38%

Improves my sleep

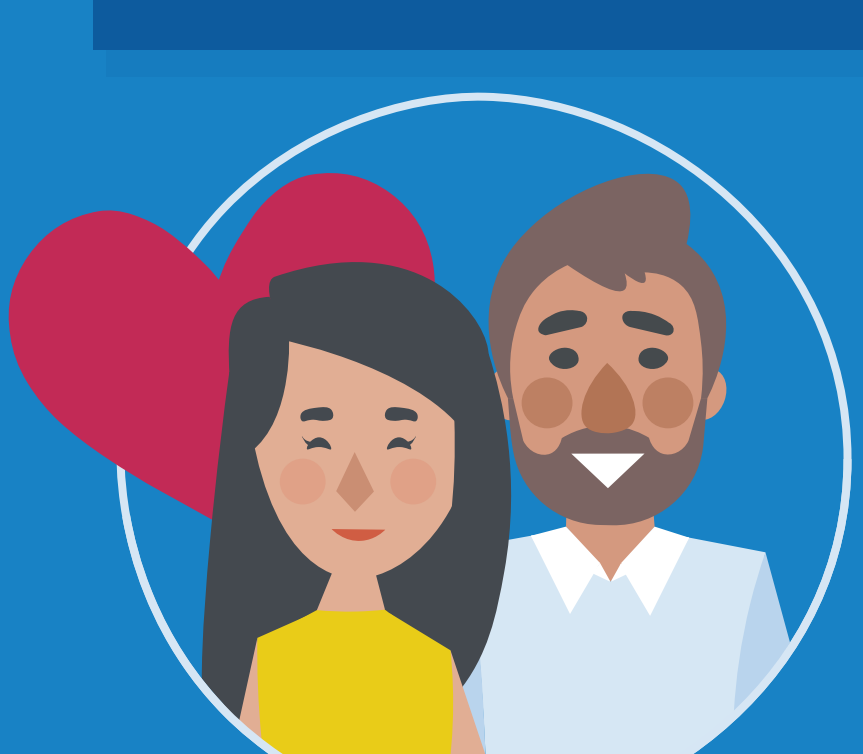
37%

Makes me feel more social



Want to impress your partner?

Get cleaning!




Over 60%

of Americans are more attracted to their partner when they take the initiative to clean their home.



Nearly half (49%)

of college students said they would be likely to walk out on a date if they saw that their significant others room was a mess.

For more cleaning advice and guidance visit www.cleaninginstitute.org or follow @CleaningInstitute on 

Sources: ACI National Cleaning Week Survey, 2024. ACI College Cleaning Survey, 2022.

