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 the surprising connection to their mental health.

87% of Americans feel their best — both physically and mentally — when they have a clean home.

Having a clean home...

70% Gives me a sense of accomplishment

66% Boosts my mood

63% I feel more productive

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

Sources:
- ACI National Cleaning Week Survey, 2024.
- Data from a 2024 survey by the American Cleaning Institute.

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