

Cortisol and Calmness: Living Green Lowers Stress Hormones

Proximity to plants reduces cortisol. Measurable calm. Not just aesthetics.

At a Glance

Health impact #7. Thermal comfort and occupant health are linked directly. Measurable outcomes improve from Biothermal Microconditioning. Occupants show improvement across multiple health dimensions when thermal environment is optimized for human physiology.

Summary

Occupant health outcomes improve measurably when thermal environment is optimized for human physiology. Heat stress from March through November creates cumulative immune debt in occupants working in thermal discomfort. Thermopod™ Biothermal Microconditioning prevents chronic heat stress and supports recovery. Combined with humidity restoration to 40-60 percent RH, occupants show measurable improvement in sleep quality, cognitive performance, immune function, and stress hormone levels. Easy Retrofit deployment means organizations invest in occupant health without major capital expenditure. Measured outcomes include lower sick days, reduced chronic disease progression, improved mental health markers, better focus. This is health infrastructure.