



Autism Linked to Exposure to Air Pollution

Why You Need Air Purification in Your Home

Over the last 30 years, there have been huge advances in our understanding of ASD (autism spectrum disorder) but there is still a lot to learn, particularly around the causes.



There is growing evidence to suggest that exposure to air pollution is linked to the increasing number of children with ASD. According to one study from Harvard TH Chan School of Public Health, **ASD risk increases by 31% when mothers are exposed to high levels of pollution** in their third trimester and as much as **64% when children are exposed during early childhood**.

Air Pollution Affects Our Brain

Air pollution from vehicles and industry has the ability to affect our brain chemistry. Tiny particles of pollution are inhaled into the lungs. From there they enter the bloodstream and travel to other parts of the body. **If these pollution particles reach the brain, they can cause oxidative stress and inflammation.** It is this change in the brain that has been linked to ASD and other neurological conditions.



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Austin Air Uses Technology You Can Trust

Here at Austin Air, we have been manufacturing medical-grade HEPA and carbon air purifiers for more than 30 years. Using technology recommended by the CDC and the EPA, our units are clinically proven to remove a wide range of airborne contaminants, including chemicals, allergens, bacteria, viruses, and VOCs.

Keep Pollutants Out of The Bedroom

People with ASD are more likely to have insomnia, they may have difficulty going to sleep and often wake more frequently during the night too. So it is vital that their bedroom environment is as comfortable as possible. This means keeping an eye on air quality. **Pollutants, such as allergens, toxins, and chemicals disrupt our sleep, causing us to cough, wheeze and sneeze.** According to one study from a team at the University of Washington, people exposed to high levels of pollutants in the bedroom are more likely to suffer poor quality sleep.

White Noise in The Bedroom Helps to Relax and Calm

Sensitivity to noise is a common problem for people with ASD. **Using white noise during the day and at night helps to block unwanted sounds that can often disrupt sleep or cause anxiety.** The sound of an air purifier running constantly acts as a buffer. During the day this can help with concentration and focus. While blocking out unwanted sounds at night helps the brain to switch off, making it easier to sleep.

If you'd like more info on our range of air purifiers or have any questions, please don't hesitate to contact:

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Learn more at our website

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