Indoor CO2 & Ventilation Cheat-Sheet

Your one-page guide to reading CO2 numbers and keeping rooms fresh — made to go with the Aranet4 Home CO2 monitor.

What Your CO2 Number Means

CO2 level	What it means	What to do
400–600 ppm	Fresh air — outdoors is about 420 ppm.	Nothing. Enjoy it.
600–1,000 ppm	Good. Normal for a lived-in room.	Fine as it is.
1,000–1,500 ppm	Stuffy. Focus and sleep start to suffer.	Open a window or a door.
1,500–2,000 ppm	Poor. Headaches and drowsiness are common.	Ventilate now — cross-breeze if you can.
Over 2,000 ppm	Very poor. Do not sit in it for hours.	Air the room out fully, then re-check.

When to Open a Window

- CO2 over 1,000 ppm — open a window, even a crack helps.
- Before bed — air the bedroom for 10 minutes, then close up.
- After cooking or a crowded meeting — CO2 spikes fast with people.
- Morning — a quick 5-minute cross-breeze resets the whole house.
- If the number keeps climbing — the room needs more airflow, not a new monitor.

Where to Put the Monitor

- **Bedroom:** on the bedside table, at breathing height, away from the window.
- **Home office:** on the desk, about an arm's length away, not behind the screen.
- **Classroom:** on a shelf near the middle of the room, at head height.
- **Living room:** on a side table where people sit — not next to a door or vent.
- Keep it away from direct breath, heaters, and open windows for a true room reading.

A Simple Daily Routine

- Morning: open windows for 5–10 minutes while you get ready.
- Work hours: glance at the number at lunch — over 1,000 means ventilate.
- Evening: air the bedroom before sleep so CO2 starts low.
- Weekly: check the app history to spot which rooms go stale most often.

What the Aranet4 Does NOT Measure

The Aranet4 reads CO2, temperature, humidity, and pressure only. It does not measure PM2.5, PM10, VOCs, radon, or carbon monoxide. For those, you need a multi-sensor monitor such as the Airthings View Plus.

A free bonus from ZoxDeal — zoxdeal.com. CO2 guidance here is general indoor-air advice, not medical advice. Always follow local safety rules for gas appliances and ventilation.