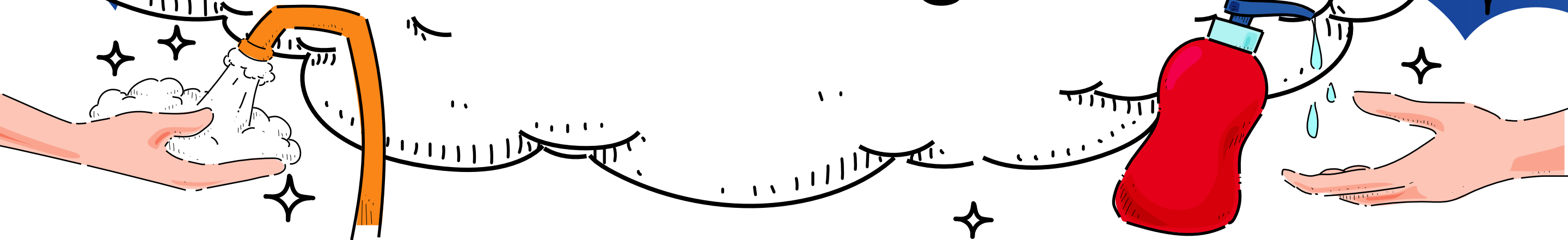
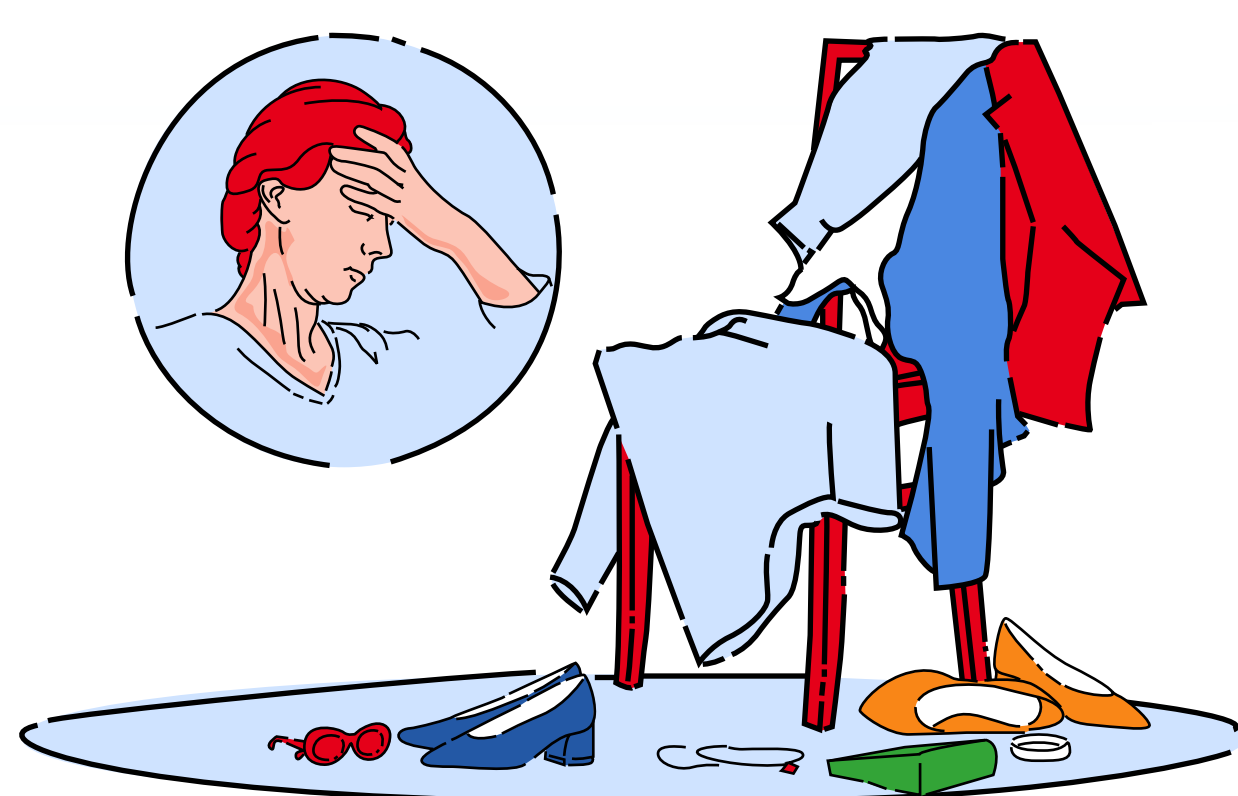


6 Negative Results Of Skipping Your Home Cleaning



Your mental health is affected

A cluttered home can stress you out and reduce your productivity. The best thing you can do to recover your ease of mind is to keep your house clean.

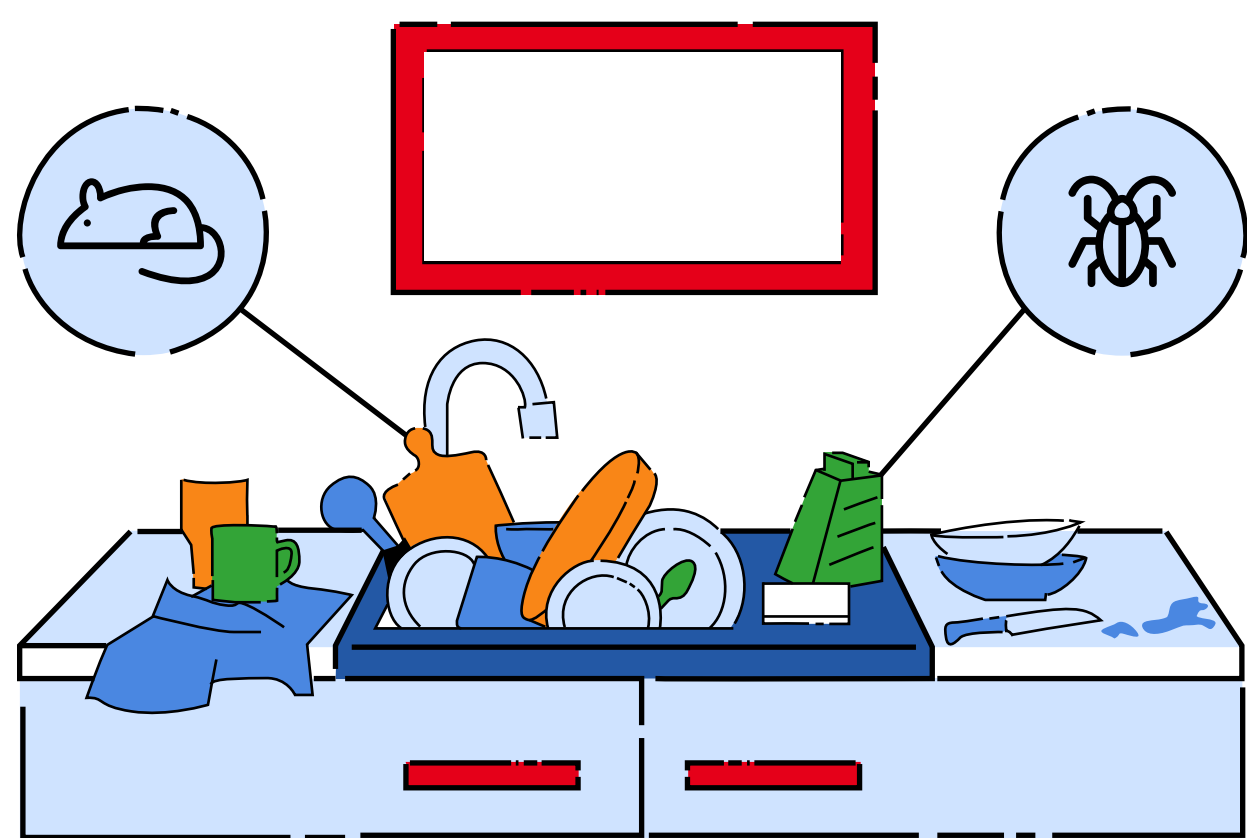
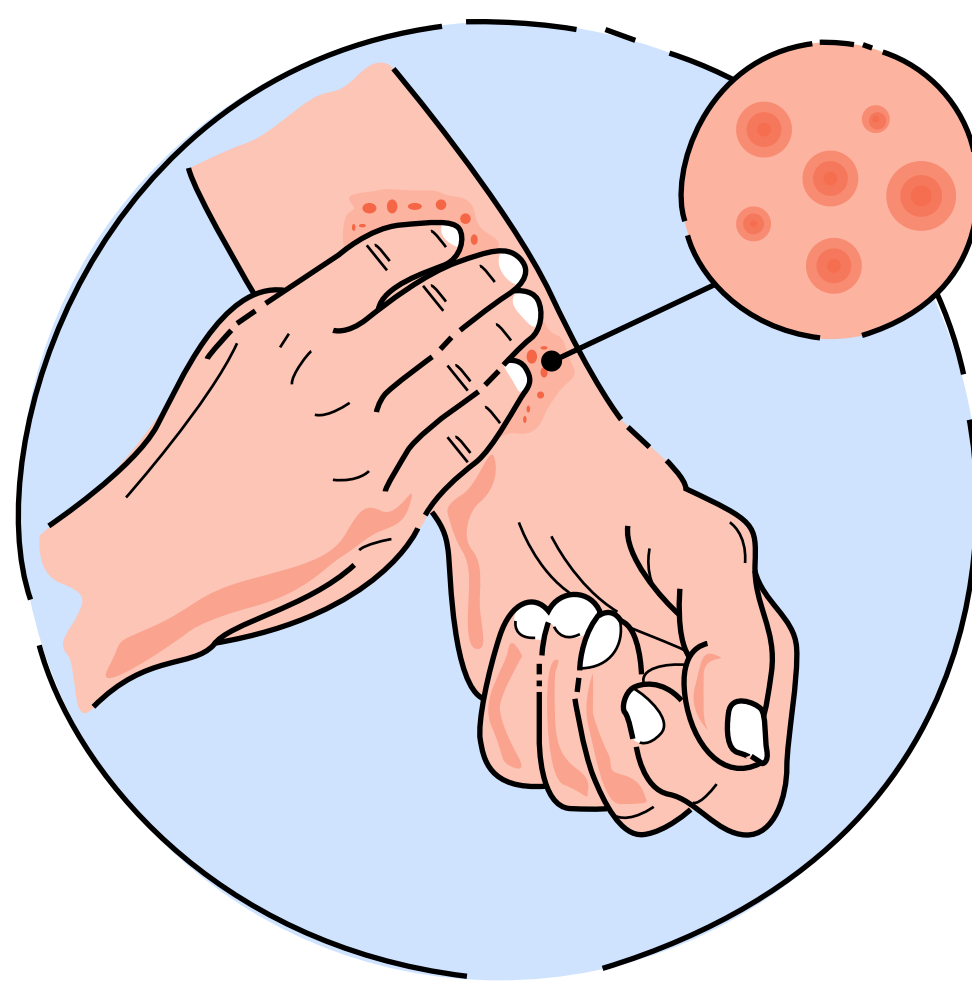


Mold begins to appear

You'll notice mold growth in humid rooms. For example, gross black spots might decorate a neglected bathroom—damaging the surfaces in the process.

Health risks increase

A dirty environment leads to unhygienic conditions and health risks. The increased number of germs or bacteria can cause unexpected diseases.

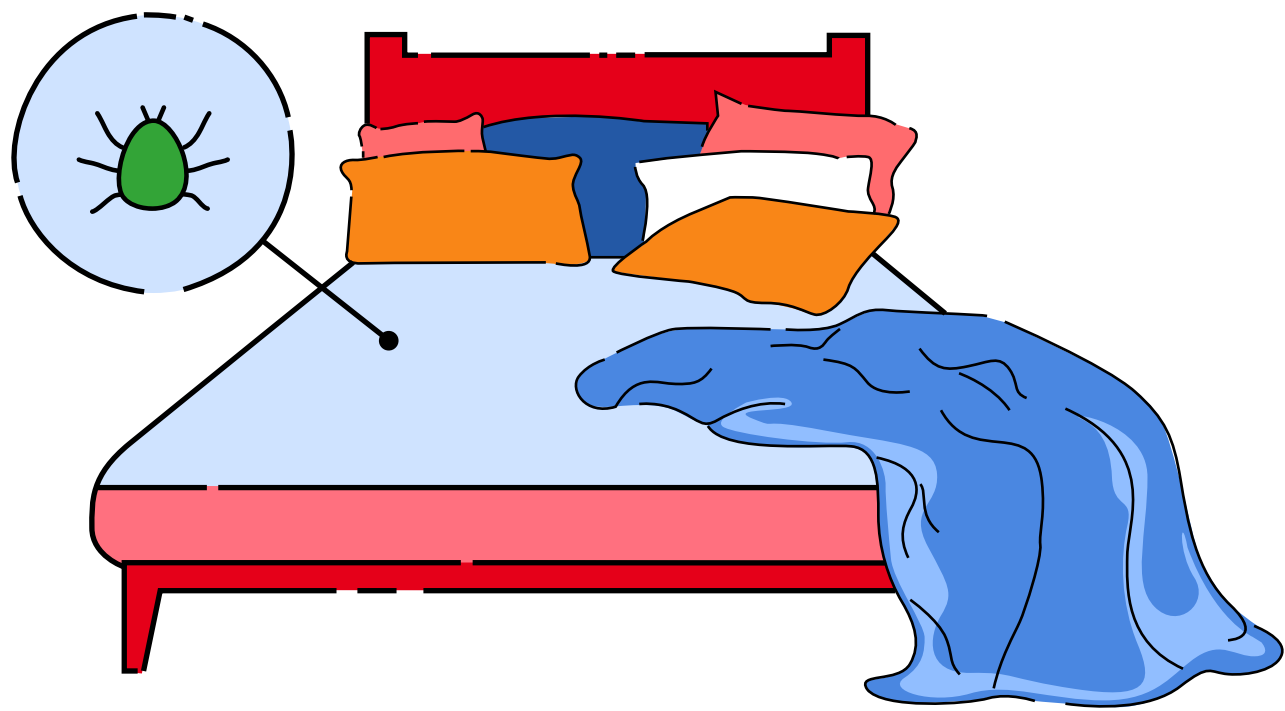


Critters can enter your house

Clutter and dirt can attract uninvited guests. Just imagine: rats, cockroaches, or ants wandering freely through your house and feasting on your food—yikes!

Cleaning becomes a challenge

Over time, clutter increases, and dirt builds up. Eventually, when you finally need to clean, even sweeping the floors will be a tiresome and demanding chore.



You'll sleep with dust mites

If you don't clean your bedroom or change your sheets regularly, dead skin cells will accumulate on your bed, making it a lovely place for dust mites.



SOURCES:

Every Disgusting Thing That Happens When You Stop Cleaning Your House

www.cheatsheet.com