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The Healthy Indoor Environment: How to assess occupants' wellbeing in buildings

Philomena M. Bluyssen

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Despite policy directives, standards and guidelines, indoor environmental quality is still poor in many cases. *The Healthy Indoor Environment*, winner of the 2016 IDEC Book Award, aims to help architects, building engineers and anyone concerned with the wellbeing of building occupants to better understand the effects of spending time in buildings on health and comfort. In three clear parts dedicated to mechanisms, assessment and analysis, the book looks at different indoor stressors and their effects on wellbeing in a variety of scenarios with a range of tools and methods.

The book supports a more holistic way of evaluating indoor environments and argues that a clear understanding of how the human body and mind receive, perceive and respond to indoor conditions is needed. At the national, European and worldwide level, it is acknowledged that a healthy and comfortable indoor environment is important both for the quality of life, now and in the future, and for the creation of truly sustainable buildings. Moreover, current methods of risk assessment are no longer adequate: a different view on indoor environment is required.

Highly illustrated and full of practical examples, the book makes recommendations for future procedures for investigating indoor environmental quality based on an interdisciplinary understanding of the mechanisms of responses to stressors. It forms the basis for the development of an integrated approach towards assessment of indoor environmental quality.

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