



Love it—here’s a more visual, on-screen preview (no download yet). I added icons, subtle styling cues, and a simple comfort-band chart.

10-Minute Home Wellness Setup Checklist

Air Quality • Sleep • Daily Health

Home: _____ Room: _____ Prepared by: _____

Air Quality (≈15 minutes)

- Place air purifier in the most-used room; set **Auto/Medium**; confirm **CADR** matches room size.
- Install **CO alarms** on every level and outside sleeping areas; press **Test** monthly.
- Put a **hygrometer** on a shelf; aim for **30–50% RH**; adjust with humidifier/dehumidifier.
- Check local **AQI** each evening; run “Clean Air” mode on poor-air days.

Sleep (Nightly, ≈10 minutes)

- Darken room; lower noise; set thermostat to **65–68°F**.
- Start a **30-minute wind-down** (no screens); try quiet music, reading, or gentle breathing.
- Set a **sunrise alarm**; enable **Do Not Disturb** overnight.

Daily Health (≈10 minutes)

- Measure BP seated with an **upper-arm validated device**; back supported, feet flat, cuff at heart level.
- Take **two readings, 1 minute apart**; record date/time and average in an app or logbook.
- **Share weekly trend** with clinician/caregiver.
- Medication reminders: fill a weekly pill organizer; set **AM/PM** phone alerts.

Eco-Conscious Tips

- Prefer **ENERGY STAR** purifiers and right-size them to reduce electricity use.
- Track filter life; replace on schedule; recycle/dispose per local guidance.

Medical note: Consumer wearables and notifications (e.g., irregular rhythm alerts) support awareness but **do not diagnose** conditions. Follow up with a clinician for any concerns.