Temperature

A stable indoor temperature improves comfort, sleep quality, and well-being. Monitoring temperature also helps optimise your home's energy use.

Recommended range for living spaces: 18–24 °C, depending on the room.

Humidity

Balanced indoor humidity makes the air more pleasant and healthier to breathe. Excess moisture promotes mold and dust mites, while overly dry air can irritate the skin and respiratory tract. Maintaining the right humidity supports health and comfort while helping to prevent damage to structures and materials.

Recommended range for living spaces: 30–60 %.

Air Pressure

Track changes in air pressure to better understand weather variations. High pressure is often associated with clear skies, while low pressure can indicate rain or humid conditions. Sensitive individuals may also feel changes in alertness or well-being as the pressure shifts.

Normal air pressure at sea level: around 1013 hPa.

Remote Monitoring

You can monitor measurements remotely over the internet using the Ruuvi Gateway, which transmits data from your Ruuvi sensors to the Ruuvi Cloud. (Sold separately.)

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Measuring Air Quality

With Ruuvi Air

Make cleaner air a daily habit.

Monitoring indoor air quality with Ruuvi Air is easy.

1. See indoor air quality at a glance with the device's multicolor light indicator and the score displayed in the app.
2. The app suggests actions to help you improve your indoor air quality.
3. Soon, you'll learn to manage your indoor environment and anticipate potential issues.

Tip: Set custom alerts in the app to get notified of any harmful changes in indoor air quality. By tracking recurring trends in the history view, you'll also learn to anticipate potential issues.

Air Quality

The Ruuvi Indoor Air Quality Score (IAQS) indicates the overall quality of indoor air based on the combined values of **particulate matter (PM2.5)** and **carbon dioxide (CO_2)** levels. The score is shown on a 0–100 scale, where a higher number means cleaner, healthier air.

Air Quality Scale

- **Excellent:** 90–100
- **Good:** 80–89
- **Moderate:** 50–79
- **Poor:** 10–49
- **Very Poor:** 0–9

In the app, you can see which value – PM2.5 or CO_2 – is elevated and get contextual tips on how to improve the situation.

Particulate Matter (PM)

Indoor particulate matter can worsen allergies and cause respiratory symptoms or heart-related issues. Concentrations often rise during cooking, candle burning, or due to outdoor pollution entering the home.

The World Health Organization (WHO) recommends a daily average below 15 µg/m³ for PM2.5 fine particles.

Carbon Dioxide (CO_2)

High indoor CO_2 levels can lead to fatigue, headaches, drowsiness, and difficulty concentrating. Prolonged exposure to elevated concentrations may impair performance and sleep quality.

Concentration above 1000 ppm indicates a need for better ventilation.

VOC Index (Volatile Organic Compounds)

High VOC concentrations may cause eye, nose, and throat irritation, headaches, and long-term health risks. These compounds are released from common household sources such as cleaning agents, paints, glues, new furniture, candles, and perfumes.

The index scale ranges from 0–500, with a long-term average set at 100. When the VOC index exceeds 100, it means the level of VOCs in the room is above average.

NOx Index (Nitrogen Oxides)

Nitrogen oxides in indoor air can irritate the respiratory system, worsen asthma, and increase susceptibility to infections. These harmful gases are generated by traffic emissions and gas stoves, among other sources.

The index scale ranges from 1–500, with a long-term average set at 1. When the NOx index exceeds 1, it indicates higher-than-normal NOx levels in the air.

Note: The VOC and NOx indices do not show absolute concentrations. They indicate a trend — whether the levels have increased or decreased compared to previous measurements. Not all VOC compounds are harmful to health.