

# 6 Disgusting Effects Of Neglecting House 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.

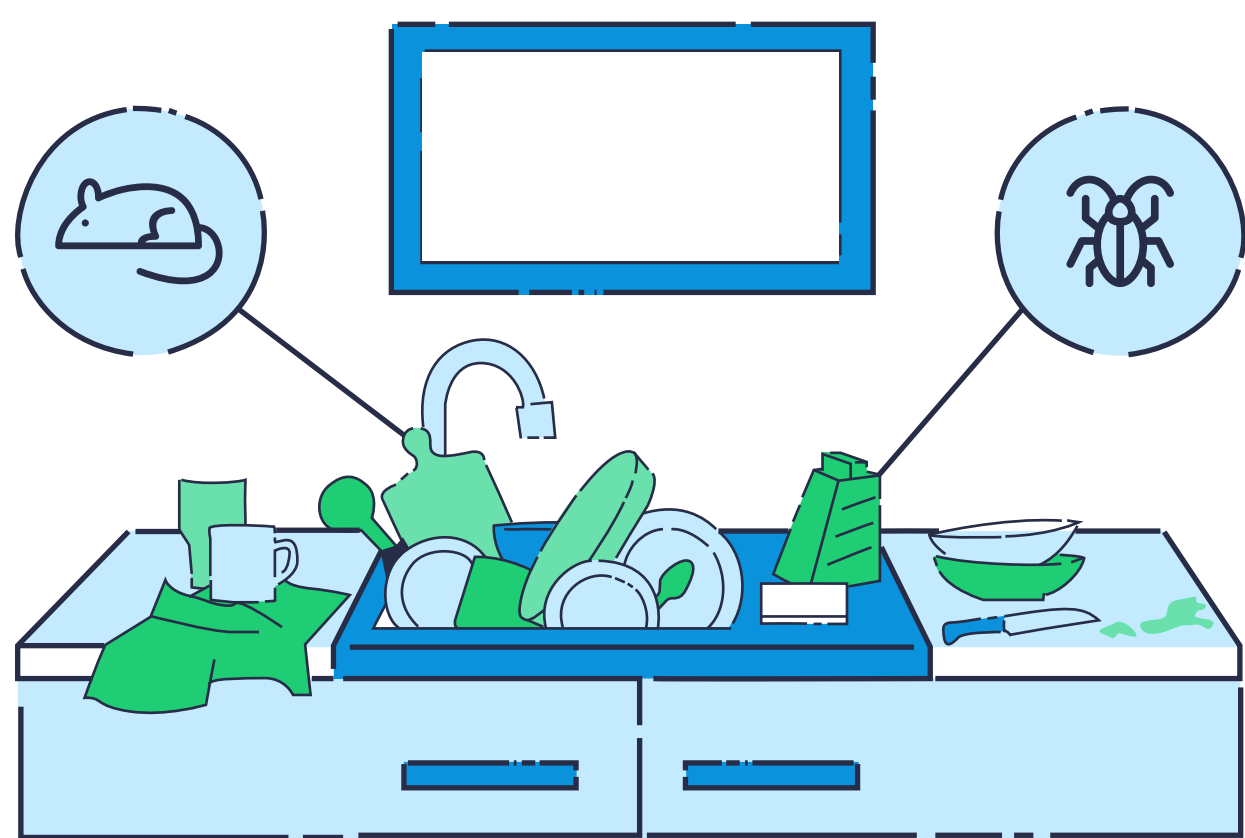
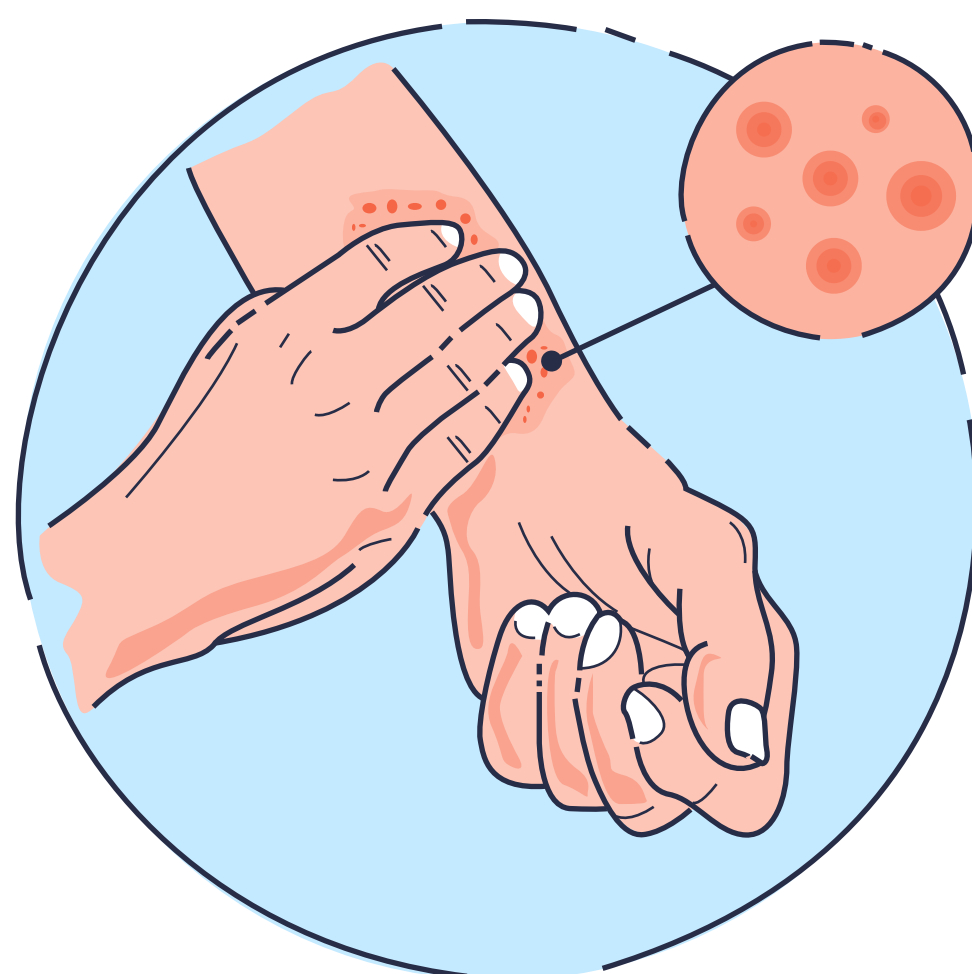


## Mold begins to appear

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.

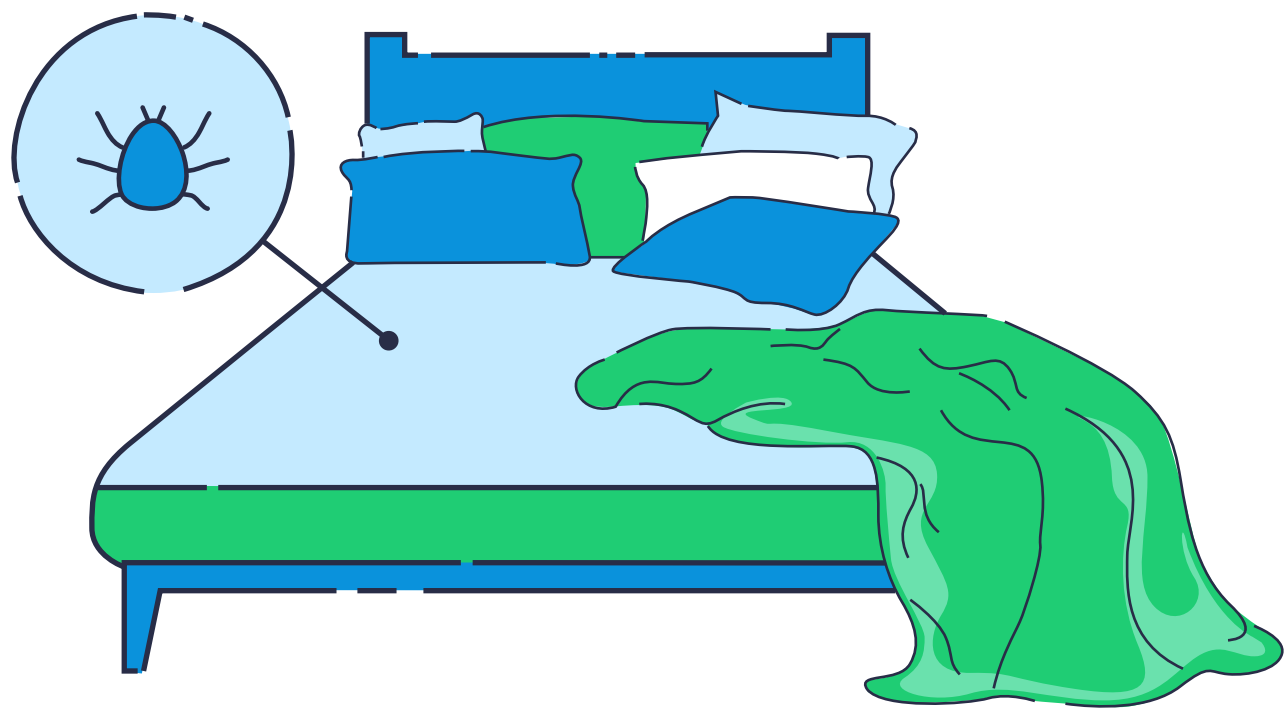


## Critters can enter your house

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.