Real-time monitoring of personal exposures to carbon dioxide

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Elevated indoor CO₂ levels are indicative of insufficient ventilation in occupied spaces and correlate with elevated concentrations of pollutants of indoor origin. Adverse health and well-being outcomes associated with elevated indoor CO₂ levels are based on CO₂ as a proxy, although some emerging evidence suggests CO₂ itself may impact human cognition. Using portable monitors, we conducted an exposure study with 16 subjects in Singapore to understand the levels, dynamics and influencing factors of personal exposure to CO₂. Participants carried a CO₂ monitor continuously for 7-day periods recording their exposure levels at 1-min intervals. A recall diary was maintained of time-microenvironment-activity budget. We found that the mode of bedroom ventilation was a major determinant of CO₂ exposure. Approximately half of the participants slept in bedrooms employing ductless split air-conditioners (group “AC”); half slept in bedrooms naturally ventilated through operable windows (group “NV”). Median CO₂ exposure levels for AC vs. NV groups are significantly different (ADC = 650 ppm vs. NDV = 550 ppm, p < 0.001). Mean daily integrated exposures for group AC were statistically higher than for group NV: 22,800 ppm h/d vs. 16,000 ppm h/d (~650 ppm, p < 0.005). Exposure events associated with potential adverse cognitive implications (duration > 2.5 h, average CO₂ mixing ratio > 1000 ppm) occurred, on average, at frequencies of 0.5 d⁻¹ across all participants, 0.6 d⁻¹ for AC participants and 0.2 d⁻¹ for NV participants. The majority of such events occurred in the home (86%), followed by work (9%) and transit (3%).

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1. Introduction

The mixing ratio of carbon dioxide (CO₂) in indoor air, a metric long-considered to be associated with the quality of indoor air [1], remains utilized in present guidelines [2]. Because humans emit CO₂ as a result of their metabolism, indoor CO₂ levels are used as a proxy to assess the sufficiency of outdoor air ventilation in relation to occupancy and activity [3]. Indoor CO₂ levels, or estimates of metabolic CO₂ emission rates, are also used in demand controlled ventilation systems [4]. In cases such as these, elevated levels of CO₂ are not assumed to be directly problematic, but rather are taken to be indicative of insufficient dilution of indoor air with outdoor air, enabling air pollutants with indoor sources to accumulate, including bioeffluents other than CO₂ [3,5]. It is under this concept that CO₂ levels in indoor air are considered in guidelines such as ASHRAE 62.1, which includes an appendix with an example calculation showing an indoor CO₂ level of 700 ppm above outdoors results in satisfaction with respect to levels of human bioeffluents in a substantial majority of occupants [6]. By contrast, it is to protect against adverse direct health consequences that a personal exposure limit (PEL) has been established in the United States, limiting occupational CO₂ exposure to a maximum of 5000 ppm as an 8-h time weighted average [7]. This PEL is based on studies conducted at CO₂ levels ranging from 10,000 ppm to 30,000 ppm that show adverse outcomes including electrolyte imbalances, metabolic changes, and non-narcotic central nervous system effects [8]. As routinely encountered in nonindustrial buildings, elevated CO₂ has been empirically associated with a variety of adverse
outcomes including symptoms of sick building syndrome and influenza [9], declines in rates of student attendance in schools [10], and increases in sick leave at a large manufacturing employer [11]. In these studies, CO₂ was not thought to act as a causative agent, but rather as an indicator. However, emerging evidence suggests that CO₂ itself may adversely affect human cognition and decision-making performance at levels that are elevated, but still commonly encountered indoors. Studies investigating the impact of CO₂ on cognition in the range of 600–5000 ppm were conducted with a cohort of ten participants in a controlled, office-type chamber [12–14]. These studies concluded that several hours exposure to 3000 ppm or 4000 ppm CO₂ results in decreased cognitive performance as observed via decrements in performance on a proofreading exercise. Satish et al. [15] exposed a cohort of 22 participants to 600, 1000, and 2500 ppm CO₂ for 2.5-h periods. At 1000 ppm, statistically significant, moderate reductions were observed in 7 of 9 metrics of decision making relative to 600 ppm; at 2500 ppm, statistically significant and more substantial reductions were observed in 8 of 9 metrics of decision making. A recent study largely substantiates those findings. Allen et al. [16] exposed 24 participants to CO₂ levels of 550 ppm, 945 ppm or 1400 ppm for “full work days” (~8 h), and found that cognitive function scores were 15% and 50% lower, respectively, for the days with 945 ppm and 1400 ppm as compared with 550 ppm.

On the other hand, other recent studies implicate bioeffluents or possibly the combination of CO₂ and bioeffluents as the agent(s) adversely affecting human cognitive performance. Zhang et al. [17,18] reported measures of cognitive impacts and physiological responses to elevated CO₂ exposures lasting 255 min resulting from measures of cognitive impacts and physiological effects observed. Maddalena et al. [19] found that 4-h exposures to 1800 ppm CO₂ and increased bioeffluent levels (reported as TVOC and noted to also include room sources) resulted in significant reductions in cognitive performance relative to a 900 ppm condition. They found similar reductions in cognitive performance across conditions where TVOC increased but CO₂ remained constant at ~900 ppm. Strøm-Tejsen et al. [20] reported reductions in objectively measured sleep quality as well as reduced measures of ability to concentrate and perform effectively on a test of logical thinking after subjects slept in bedrooms with elevated CO₂ levels owing to reduced ventilation.

A large body of prior work confirms that CO₂ levels used in the aforementioned cognitive studies are often observed in the building stock. In a sample of 100 office buildings in the United States (the BASE study), Erdmann and Apte [21] report an average δCO₂ (CO₂,indoor − CO₂,outdoor) of 260 ppm with a standard deviation of 130 ppm, indicating that the majority of offices in this sample are below the CO₂ level (700 ppm above outdoors) shown in the example provided in Appendix C of ASHRAE 62.1. However, as noted by Allen et al. [16], the highest 8-h time-weighted-average CO₂ mixing ratio was 1400 ppm in the BASE study. Classrooms, an indoor environment where cognitive performance is of central importance, are commonly susceptible to elevated indoor CO₂ [22]. Shendell et al. [10] reported that 45% of 434 US school classrooms had short-term (~<5-min) average CO₂ levels above 1000 ppm. Santamouris et al. [23] reported that 52% of 62 classrooms in naturally ventilated schools in Greece had average CO₂ mixing ratios greater than 1000 ppm.

There are also reports of the occurrence of elevated CO₂ levels in dwellings, especially in regions with substantial building heating or cooling loads. Békó et al. [24] report that only 32% of 500 Danish children’s bedrooms sustained average CO₂ levels below 1000 ppm during measured night-time periods, with 23% of rooms experiencing a 20-min period above 2000 ppm. In the constantly warm and humid climate of Singapore, studies have shown an accumulation of CO₂ in bedrooms (>1000 ppm) that are served by air-conditioning (typically a ductless split system) rather than being ventilated with open windows and operating fans [25,26].

While a large body of building-associated CO₂ monitoring data have been reported, the levels of CO₂ are almost always reported for a particular building or indoor space of interest. Given the historical acknowledgement of CO₂ as a proxy of exposure to air pollutants with indoor sources, combined with emerging evidence for cognitive implications associated with CO₂ exposures per se, complementary studies are warranted to directly measure personal exposures to CO₂. Such studies are enabled by the recent development of portable, lightweight monitors that can be easily carried and that provide real-time measurement of an individual’s personal CO₂ mixing ratio through time. We are aware of only one recent study of this type. That effort targeted a cohort of school-aged children who wore the sensor only during school hours [27]. In the study described here, we report a novel dataset that measures continuous (24 h/d over week-long periods), personal CO₂ mixing ratios with complementary time-microenvironment-activity budgets for 16 participants in Singapore. Part of the inspiration for this work was the observation of high overnight CO₂ levels in air-conditioned bedrooms of members of our research team in Singapore. That observation led us to explore the CO₂ exposure consequences of bedroom ventilation style for this tropical climate. Data generated by real-time personal CO₂ exposure studies can be used to identify the time and place of problematic exposures to air pollutants with indoor sources (i.e., by using CO₂ as a proxy). Real-time, personal CO₂ levels can also provide context for emerging studies of cognitive implications of human exposures to CO₂.

2. Methods

Study participants were recruited from a convenience sample of university students and professionals; all participants had a primary working environment of a typical cubicle-based office space. All participants were requested not to alter behavior from their normal day-to-day activities when engaged in the study. Because we anticipated sleeping environments to play an important role influencing CO₂ exposures in Singapore, subjects were recruited with the intent of creating equal sized groups within the sample population based on bedroom ventilation mode: either air-conditioned bedrooms served by a mini-split ductless air-conditioning systems (group “AC”) or naturally ventilated (group “NV”) bedrooms with operable windows (typically kept open when occupied) and operating fans.

In all, 16 subjects participated in the study; seven met the criteria for group AC, six for group NV, and three exhibited mixed bedroom ventilation characteristics (alternating AC and NV) and were assigned to group “MX”. Of the 16 participants, six were female, ten male, and the age range was 20–39 y. Where noted, anonymized participant identifications reflect bedroom ventilation mode and gender followed by a numeric identifier, e.g., AC-M-02 is the 2nd male participant in the AC sleeping microenvironment category. Participants each responded to a demographic questionnaire to obtain relevant personal data. Demographic details of subjects participating in the study, including the participant’s height, weight, marital status, a calculation of individual CO₂ generation rate (ranging from 15 to 22 L/h across the 16 participants), a description of air-conditioner usage, number of individuals living in
each participant’s home, and approximate number of coworkers in each participant’s workplace, can be found in Table S1 of the Supporting Information (SI).

Participants were asked to complete a recall-based time-microenvironment-activity budget diary for each day engaged in the study. Participants recorded the time of entry and exit for each microenvironment, a broad descriptor of the type of environment (home, office, transit mode, outdoor, etc.), a broad descriptor of the nature of their activity (working, sleeping, eating, etc.), air-conditioning status (on/off), and window opening status (open/closed). For this manuscript, microenvironments are grouped into five categories: home, work, transit, other indoor, and outdoor (see SI for additional details). The ‘other indoor’ microenvironment includes all time spent indoors but not at home or work.

Participants wore, carried, or otherwise kept in close proximity to their person a portable, battery-operated sensor (CM-0018, CO2Meter Inc.) that measured and stored records of date, time, temperature (°C), relative humidity (%), and CO2 mixing ratio (ppm) at 1-min intervals. Participants were asked to use the sensor to monitor their exposures for 24 h per day, for a target total of seven continuous days per person. In the event of sensor failure or user error, participants were asked to continue their participation to create a cumulative seven-day log, which resulted in a non-continuous record for some participants. All logs included at least two weekend days, to account for differences that may result from working vs. non-working activity patterns. Prior to use in the study, sensors were either factory calibrated or calibrated to a 3-point standard by placing the sensor in a 10-L stainless steel chamber (CTH-24, Eagle Stainless) and diluting a standard by placing the sensor in a 10-L stainless steel chamber. Reference CO2 mixing ratios were determined from flow rate measurements made with a primary air flow calibrator (Gilian Gilibrator 2, Sensidyne LP). Sensors used in the study were calibrated a minimum of once every two months.

Personal CO2 measurements were made between 19 May and 9 December 2015. All subjects were residing in Singapore during participation in the study. Because of the year-round warm and humid climate of Singapore, no seasonal differences exist across the study’s duration. Four subjects participated during the 2015 haze period, spanning September 2015 to November 2015 when outdoor air pollution frequently reached hazardous levels. The haze period included all time spent indoors by participants.

Integrated CO2 exposure in the sleeping microenvironment was 25,000 ppm-h per sleeping period for 23–26 Aug to compare an average of 6800 ppm-h per sleeping period for 21–23 Aug. These differences are largely explained by a 3 x higher average CO2 mixing ratio (2570 ppm vs. 800 ppm) between sleeping microenvironments. This example illustrates the importance of the CO2 mixing ratio in sleeping microenvironments, where individuals spend a substantial portion of their daily time budget. Sleeping microenvironments are also likely to be characterized by smaller volumes than other microenvironments, leading to a higher CO2 mixing ratio in sleeping microenvironments, where individuals spend a meaningful fraction of their daily time budget. The contribution of this activity to total time-microenvironment budget is modest owing to the relatively small 23–26 August. The difference in the CO2 profile between the two nights of 21–23 August and the three nights of 23–26 August result from sleeping in microenvironments with different modes of ventilation. On average, participant AC-F-01’s integrated CO2 exposure in the sleeping microenvironment was 25,000 ppm-h per sleeping period for 23–26 Aug compared to an average of 6800 ppm-h per sleeping period for 21–23 Aug. These differences are largely explained by a 3 x higher average CO2 mixing ratio (2570 ppm vs. 800 ppm) between sleeping microenvironments. This example illustrates the importance of the CO2 mixing ratio in sleeping microenvironments, where individuals spend a substantial portion of their daily time budget. Sleeping microenvironments are also likely to be characterized by smaller volumes than other microenvironments, enabling accumulation of CO2, particularly if measures are taken to limit outdoor air exchange to reduce total cooling demand (or heating demand, in cold climates). Integrated exposures are explored in §3.2.

As can be observed in the lower panel of Fig. 1, sleeping periods are not as clearly apparent from CO2 mixing ratios for participant NV-M-02, who slept exclusively in bedrooms ventilated with open windows and operating fans. The result is a flatter diurnal CO2 profile for NV-M-02 than for AC-F-02, largely because CO2 mixing ratios in the sleeping microenvironment with open windows are nearer to outdoor levels.

Summary statistics of 1-h averaged personal exposure mixing ratios for all participants across the duration of their engagement in the study are shown in Table 1; summary statistics of the raw 1-min personal exposure mixing ratios are shown in Table S2 of the SI. Personal CO2 mixing ratios are neither normally nor lognormally distributed, as determined by inspection of Q-Q plots of 1-min mixing ratios and log-transformed 1-min mixing ratios for linearity. Mean 1-h exposure mixing ratios are substantially higher for AC participants than NV participants, primarily a result of higher personal CO2 mixing ratios at the 75th percentiles and above for AC participants.

The distributions in Table 1 reveal that all participants, regardless of sleeping microenvironment, spend a meaningful fraction of a typical day at elevated personal CO2 levels. For AC participants, 95th percentile values (corresponding to 1.2 h/d) average 2200 ppm; all 95th percentile values are higher than 1100 ppm (700 ppm above a nominal outdoor background of 400 ppm, as considered in Appendix C of ASHRAE 62.1 and described previously). For NV and MX participants, the 95th percentile values are lower than for AC participants, averaging 1220 ppm and 1470 ppm, respectively.

Cumulative distributions of 1-min personal CO2 mixing ratios are shown in Fig. 2. Exposure mixing ratios appear similar for AC and NV groups until approximately the 40th percentile, when values diverge. This is a result of AC and NV participants, spending, on average, a similar fraction of each day at or near ambient levels (<500 ppm). The data shown in Fig. 2 do not reflect any temporal patterns of exposure, that is, while AC and NV groups have similar...
40th percentile exposure mixing ratios, the location or time of those exposures may differ between AC and NV groups.

Median values of personal mixing ratios when grouped by sleeping environment are statistically significantly different when pooled for AC and NV participants \((p < 0.0001)\). For the MX participants, we performed a similar analysis by subdividing the days when MX participants slept in AC conditions (MX:AC) from those sleeping in NV conditions (MX:NV), as shown in Fig. 2b. Median values of personal CO2 mixing ratios are again statistically significantly different \((p < 0.0001)\) when comparing MX:AC and MX:NV. Further discussion of statistical testing of 1-min personal exposure mixing ratios can be found in the Supporting Information.

### 3.2. Estimates of time integrated CO2 exposures and time activity budgets

Daily integrated CO2 exposures are determined as the time-integral of personal CO2 mixing ratios and calculated by summing over the day the product of a personal mixing ratio and the measurement time-step, similar in concept to the approach described by Burke et al. [28]. Average daily integrated exposures (ppm h/d) are summarized for groups of participants in Fig. 3a. Time-
Microenvironment budgets across the five categories of microenvironment are summarized for groups of participants in Fig. 3b. Apportionments of average daily integrated exposure and time-microenvironment budgets for individual participants are provided in Figs. S2 and S3 of the SI. Average daily integrated exposure, when grouped by AC or NV, is significantly different ($\bar{x}_{\text{AC}} = 22,800$ ppm h/d vs. $\bar{x}_{\text{NV}} = 16,000$ ppm h/d, $p < 0.005$).

Figure 3 is presented in units of 1000 ppm h/d. A “baseline” hypothetical daily integrated exposure is shown on Fig. 3 as a dashed line at 9600 ppm h/d. This is the daily exposure that an individual would receive if average personal exposure mixing ratios were at outdoor ambient levels (400 ppm × 24 h/d). Analogously, the solid line at 24,000 ppm h/d represents the daily integrated exposure an individual would receive if personal exposure mixing ratios averaged 1000 ppm. This integrated mixing ratio implies periods of exposure both above and below 1000 ppm and is shown to provide context to the actual exposure data shown in Fig. 3. Average daily integrated exposures across participants mostly occurred in the range 9600–24,000 ppm h/d, although as can be observed from the error bars in Fig. 3, some individuals exceeded the 24,000 ppm h/d threshold (four AC participants and one MX participant; see Fig. S2). Across all participants, the home microenvironment was the dominant contributor to daily integrated exposure, accounting for an average of 66% of daily integrated CO2 exposure. The work microenvironment was the second largest contributor, averaging 18% for all participants, followed by transit (10%), ‘other indoor’ (5%), and ‘outdoor’ (0.5%).

While variability in daily integrated exposure is observed across participants in each group, on average, exposures reported Fig. 3 follow the expected trend based on sleeping microenvironment ventilation mode. The AC group has the highest average daily integrated CO2 exposure, followed by MX, and NV has the lowest. Inter-diary variability in exposures is also observed, with stronger variability for AC participants than for NV participants. An example of day-to-day variability for two illustrative participants is shown in Fig. S4, where daily integrated exposures (ppm h/d) vary day-to-day by a factor of (max/min) 2.5 for AC-F-01, and only 1.4 for NV-M-02.

Exposure in any given microenvironment is the product of the average personal CO2 mixing ratio encountered there and the
duration of occupancy. Participants spent the large majority of their time in three microenvironment categories: 61% at home, 26% at work, 7% in transit, and spent only 1% outdoors. These time-activity budget values agree reasonably well with a recent modeling study of exposures to particulate matter and ozone in Singapore that reported 70%, 28%, 3.2%, and 4.5%, at home, at work, transit, and outdoors respectively [29]. Differences in daily integrated CO₂ exposures appear not to be driven by differences in behavior across groups as no statistically significant differences in comparisons of time-microenvironment-activity budgets are observed (see Table S3 in the SI). Instead, the major contributor to differences in exposure is levels of CO₂ in the home: median mixing ratios of CO₂ are signifi-
cantly different as determined with a Wilcoxon rank sum test.

3.3. Frequency, location, and duration of elevated exposure events

The high time resolution of CO₂ measurements, coupled with the detailed time-microenvironment budgets recorded by each subject enable an in-depth analysis of the nature of exposure ‘events’ when personal mixing ratios of CO₂ are elevated. In this study, we characterize elevated exposure events of the sample population in two ways. First, in §3.3.1, based on the exposure duration reported by Satish et al. [15], continuous 2.5-h rolling average personal exposure mixing ratios are determined for each subject for each day of participation. We extract the maximum 2.5-h rolling average for each day, resulting in approximately seven events for each of the 16 participants. In §3.3.2, exposure events are characterized as beginning when personal CO₂ crosses the threshold of 1000 ppm and ending when CO₂ falls below that same threshold. In both approaches, elevated exposure events are described by the average CO₂ mixing ratio during the event and cross-referenced to the time-microenvironment budget to determine the location in which the event occurred. If multiple microenvironments were occupied during an event, the location contributing the majority or plurality of the duration is reported.

Three categories of exposure events are considered: exposure level 0 (EL0) where mean personal CO₂ exceeds 1000 ppm for 0.5–2.5 h, exposure level of possible concern 1 (ELPC1) where mean personal CO₂ levels are 1000–2500 ppm for a duration exceeding 2.5 h, and exposure level of possible concern 2 (ELPC2) where CO₂ levels are above 2500 ppm for more than 2.5 h. These values are selected based on the work of Satish et al. [15]: selection of CO₂ level and duration endpoints from other studies would clearly affect the frequency of the categorized ELPC events. As our knowledge of the role of CO₂ influencing human cognition continues to develop, the original data could be re-evaluated to reflect a more detailed understanding of problematic CO₂ exposure levels.

The approach of personal CO₂ monitoring also provides a means of identifying when and where problematic exposures to other air pollutants of indoor origin might occur. For example, Ramalho et al. [5] show that when average occupied CO₂ mixing ratios in dwellings increase from <750 ppm to between 1000 and 1500 ppm, the proportion of dwellings meeting a 2 µg/m³ limit for benzene decreases from 60% to 46%, further decreasing to 31% when the average CO₂ level exceeds 2000 ppm. Also worth noting: because of the occurrence of elevated CO₂ exposures is commonly a consequence of metabolic emissions, personal CO₂ exposure monitoring is a useful proxy for characterizing overall exposure to bioeffluents.

3.3.1. Maximum daily 2.5-h exposure mixing ratios

Statistics describing the distributions of daily maximum 2.5-h exposure mixing ratios are shown in Fig. 4 for AC, NV, and MX participants. Median values of daily maximum 2.5-h mixing ratios follow expectations based on classification of sleeping microenvironment: the AC group exhibits the highest median value (1470 ppm), followed by MX (1270 ppm), and NV (1030 ppm). Pairwise comparisons of medians are significantly different for AC vs. NV (p < 0.001), AC vs. MX (p < 0.05), and MX vs. NV (p < 0.05). The distributions shown in Fig. 4 reveal that ELPC1 is likely for all participants, representing the 18th, 47th, and 18th percentile for groups AC, NV, and MX, respectively. Events meeting ELPC2 mixing ratio criteria (>2500 ppm) correspond to the 70th percentile of daily maximum 2.5-h averaged exposure mixing ratios for group AC; ELPC2 events are not experienced by NV and MX groups.

Daily maximum 2.5-h exposure mixing ratios are plotted as a function of time of day (plotted at the temporal midpoint of the 2.5-h period) and the corresponding classification of microenvironment in Fig. 5. Across all subjects, the majority of daily maximum 2.5-h exposure mixing ratios occurred in the home (78%), followed by work (12%), transit (6%) and ‘other indoor’ locations (3%). Higher CO₂ levels in the homes of the AC group resulted in 88% of daily maximum 2.5-h exposure mixing ratios occurring in the home for this group. Elevated household levels also contributed to the relative dearth of occurrences of daily maximum exposures for AC participants in the timeframe 10:00–21:00. Data for group AC are clustered and elevated in the early morning (06:00–08:00), a result of overnight accumulation of CO₂ in an enclosed bedroom. In contrast, NV and MX participants’ daily maximum 2.5-h events occurred more uniformly throughout the day and in a broader diversity of microenvironments: 69% in the home, 13% at work, 11% in transit, and 7% in ‘other indoor’ locations.

3.3.2. Characterizing elevated exposure events (above 1000 ppm and for longer than 0.5 h)

A summary of the frequency and location of elevated events is provided in Table 2. These data are reported in greater detail in Tables S4–S7 of the SI, with six bins of average CO₂ level and six bins of duration. In aggregate, the sum of conditions ELPC1 and ELPC2 occur often, roughly once every second day when averaged across all participants. Events in the ELPC clusters occur more frequently for AC and MX participants than for NV subjects.

Exposure events meeting the ELPC criteria occur almost
exclusively in the home microenvironment (Table 2): averaged across all participants 86% of events occurred in the home, while only 9% occurred in the work microenvironment. In this context, it is worth noting that the majority of cognitive studies of CO₂ [14–17,19] have focused on office-type microenvironments. Further studies exploring implications of elevated CO₂ exposures in homes and sleeping microenvironments, with attention to the next-day effects of CO₂ exposures during sleeping periods (e.g., [20]), are warranted.

Systematic investigations of the mechanisms of action for CO₂ alone and CO₂ plus bioeffluents to affect cognition at levels encountered in buildings are only beginning to emerge. Vehviläinen et al. [30] report that exposures to elevated CO₂ result in higher concentrations of CO₂ in body tissues, changes in heart rate variation, and increases in peripheral blood circulation in subjects. These changes coincided with increases in subjective assessments of sleepiness and incidence of headache. However, as CO₂ was not independently controlled in this study, impacts cannot be exclusively attributed to CO₂ exposure. Zhang et al. [18] report that exposures to elevated CO₂ and accompanying bioeffluents resulted in increases in diastolic blood pressure and salivary α-amylase. They propose a model that these increases are indicative of higher arousal/stress, in turn reducing human cognitive performance.

### 3.4. Study limitations and implications

The sample population in this study represents a limited sample from a narrow strata of the Singapore population, and is not statistically representative. While we observed the mode of bedroom ventilation to be an important determinant of personal CO₂ exposure, subsequent studies should confirm the findings of this work in larger sample populations with greater statistical power. Furthermore, there are many variables that combine to impact personal CO₂ exposures, including microenvironment volume, ventilation rates, and occupant densities that were not fully explored in this investigation. While data describing these variables are challenging to collect in real-time and in diverse populations, subsequent studies could investigate these factors via quantitative or qualitative criteria to elucidate the influence of other factors in addition to ventilation mode that are known to affect indoor CO₂ levels and personal exposures.

Notwithstanding the limitations, the data collected in this study illustrate the potential for frequent, elevated exposures to CO₂ and should motivate larger scale investigations of continuous, personal CO₂ exposures. Such investigations should expand the sample size of the present study of personal CO₂ exposures in populations.
residing in tropical regions as well as extend to other regions where outdoor air ventilation may be suppressed, for example, in regions with substantial building heating loads. Several long-term trends in built environments can motivate such studies. First, as airtightness of the building stock increases to help meet energy-efficiency goals, air pollutants with indoor sources, including CO2, may accumulate to higher indoor levels. Secondly, a warming climate may induce building owners and occupants to install more ductless air-conditioning systems, as used in the AC group in this study, to improve thermal comfort. Such ductless systems do not generally include a provision for outdoor air ventilation, and therefore may substantially reduce outdoor air exchange in environments previously ventilated by open doors and windows.

Exposure monitoring in this study was conducted for a period of seven days per person, a practical upper-limit of individual participation duration based on informal subject feedback. Developments in CO2 sensing and data logging to enable smaller device footprints, lighter weight, longer battery life, and simple, reliable data transfer would facilitate efforts to scale up exposure studies, either in individual duration or in numbers of participants.

Generally, indoor CO2 levels are controlled through provision of adequate outdoor air ventilation for occupied spaces. Although ventilation contributes substantially to minimizing energy consumptions [31], the financial cost of providing adequate or even substantial ventilation rates (as much as 25 L/s/person) is minor compared to the typical wages of an office worker in an advanced economy [32]. Financial benefits from energy savings owing to reduced ventilation may thus be offset by elevated indoor CO2 even if only relatively modest adverse effects on cognitive performance occur in practice. However, there is little research on the combined effects of thermal comfort and elevated exposure to CO2 and other indoor air pollutants on human cognition. Such combined investigations are warranted given the available evidence that lower indoor air pollutants on human cognition. Such combined investigations are warranted given the available evidence that lower indoor air pollutants with indoor sources, including CO2, may accumulate to higher indoor levels. Secondly, a warming climate may induce building owners and occupants to install more ductless air-conditioning systems, as used in the AC group in this study, to improve thermal comfort. Such ductless systems do not generally include a provision for outdoor air ventilation, and therefore may substantially reduce outdoor air exchange in environments previously ventilated by open doors and windows.

4. Conclusions

Potential adverse outcomes associated with personal exposures to elevated indoor CO2 include 1) exposures to coincident indoor-sourced air pollution for which CO2 is an indicator and 2) possible decrements in cognitive performance. In this study, we report continuous, personal, highly time-resolved measurements of CO2 for a cohort of 16 subjects in Singapore over week-long sampling periods. Nearly all participants spent a meaningful portion (1.2 h, or the 95th percentile) of a typical day with personal CO2 mixing ratios elevated above the 1100 ppm. We observed that the mode of bedroom ventilation was a major determinant of exposure, a result of the substantial time spent in the home (61% of each day) and the potential for CO2 to accumulate in small, enclosed bedroom volumes. Exposure levels of possible concern (ELPC2) with respect to adverse cognitive impacts occurred frequently in this sample population. Averaged across all participants, approximately one ELPC occurred every two days, with greater frequencies for the AC and MX groups than NV group. The majority (86%) of ELPC occurred in the home, followed by work (9%), transit (3%) and ‘other indoor’ locations (1.4%). Only the AC group experienced exposure events (ELPC2) for which substantial decrements in cognitive performance were observed in previous studies. These data inform our understanding of personal exposures to CO2, motivating expanded studies to more thoroughly quantify personal CO2 exposure and to inform studies of cognitive implications with data describing the extent, location, and drivers of elevated, personal CO2 exposures.

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Appendix A. Supplementary data

Supplementary data related to this article can be found at http://dx.doi.org/10.1016/j.buildenv.2016.04.021.

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