Why Bedrooms Are the Most Common Rooms for Mould

Bedrooms create the perfect conditions for mould growth through a combination of environmental factors and human behaviour. Whilst kitchens and bathrooms often get the blame, bedrooms are statistically more prone to mould problems. Understanding why helps homeowners take effective preventative action.

The Seven Key Contributing Factors

Multiple conditions converge in bedrooms to create an ideal environment for mould spores to thrive. Each factor compounds the others, making prevention more challenging than in other rooms.

Closed Doors

Doors remain shut for 8+ hours nightly, isolating the room from household air circulation and trapping moisture-laden air inside.

Low Ventilation

Windows often stay closed during cold months. Trickle vents may be blocked or insufficient for the moisture load generated overnight.

Cold External Walls

External-facing walls cool significantly at night, creating temperature differentials that cause condensation when warm, humid air contacts cold surfaces.

Built-In Wardrobes

Fitted wardrobes against external walls create dead air spaces with poor circulation, preventing walls from warming and trapping moisture behind furniture.

Furniture Blocking Airflow

Beds, dressers, and storage placed against walls restrict air movement across surfaces, preventing moisture evaporation and creating stagnant zones.

Overnight Humidity

Each sleeping person releases 40–50ml of water vapour per hour through respiration and perspiration—up to 400ml per night per person.

Air Purifiers Don't Remove Moisture

HEPA filters capture particles and spores but cannot extract water vapour from the air. Only dehumidifiers address the root cause of condensation.

Biggest Myths About Bedroom Mould

Misunderstanding the root causes leads to ineffective solutions and wasted money. These common misconceptions prevent homeowners from addressing the real issues.

Myth: "It's Rising Damp"

Mould above skirting level is rarely rising damp—it's almost always condensation from poor ventilation and thermal bridging.

Myth: "Air Purifiers Fix It"

Air purifiers filter particles but don't remove moisture. You need dehumidification or improved ventilation to control humidity levels.

Myth: "Ventilation Alone Fixes It"

Ventilation helps but won't solve the problem if cold surfaces remain. Insulation and heating are equally critical to prevent condensation.

Myth: "The Wall Is Damp"

Surface condensation doesn't mean the wall structure is wet. A damp meter reading the surface after condensation misleads many into unnecessary treatments.
