

Your Health & Well-Being

Bedrooms Are An Allergen Hot Spot

(NAPS)—Beds are a sanctuary—a safe haven for rest and rejuvenation. But if most people—particularly allergy sufferers—really knew what was lurking beneath the sheets, they might think that their bed is more like a litter box than a sanctuary.

Lying beneath the cleanest, most luxurious linens and inside the fluffiest pillows lurk microscopic allergy triggers, including dust mite droppings, pollen, fungal and mold spores, and cat and dog dander. Trying to sleep among the estimated 10 million allergen particles found in an unprotected mattress can surely disrupt a person's peaceful slumber.

“Allergy season seems to be year-round and there's no time like the present to protect yourself against the microscopic allergens that can wreak havoc on your respiratory system,” says Dr. Clifford Bassett, allergy expert and assistant clinical professor of medicine at Long Island College Hospital. “Protecting your pillow and mattress with allergen-filtration products such as Aller-Ease is one of the most important steps allergy and asthma sufferers can take to minimize their symptoms. For maximum allergy relief, it is critical to build a complete allergen-filtration bedding system that protects pillows, mattresses and box springs.”

Whether or not you suffer from allergies, the allergens inside the typical pillow and mattress are not what most people would want to breathe. But for allergy and asthma sufferers, the problem is



The right bedding can help you have a good night's sleep without breathing in pollutants and allergens.

even more severe.

Dr. Bassett says there are simple yet effective tips to keep allergens in check in the bedroom:

- Encase your mattress, box spring and pillows in highly effective Aller-Ease allergen barrier products.
- Wash bed linens weekly in 130-degree Fahrenheit water.
- Minimize the use of rugs and carpeting. Hard surfaces are easier to clean and keep dust-free.
- Remove dust-collecting clutter from the bedroom and other areas of your home.
- Replace draperies with easy-to-clean blinds or shades.
- Keep pets out of the bedroom and bathe them weekly. Remember to wash your hands after you touch them.
- Keep windows closed and use air-conditioning to recirculate filtered air in your home.
- Use a dehumidifier to reduce humidity to under 50 percent.