

Snug as a Bug

How to make your bed a hygiene haven with **PROTECT-A-BED®**

Winter has us all reaching for the snooze button for a last-minute snuggle. But is your sleep zone the sanctuary you believe it to be? With Protect-A-Bed® Mattress Protectors, you can ensure that dust mites don't get comfy under the covers when you do. These invisible critters are a common cause of allergy symptoms like eczema, sneezing, itchy eyes and even asthma. Dust mites are microscopic relatives of spiders that graze on dead skin cells. And their droppings contain a protein that causes allergic reactions when inhaled or touched. Here's a nightmare-inducing fact: the average mattress harbours anywhere from 100 000 to 10-million dust mites. Don't let your bed become part of the statistics.



4 Tips to Keep Dust Mites Away

- ✓ **Use Protect-A-Bed®** Mattress and Cot Mattress Protectors to form an impenetrable barrier against dust mites. Their waterproof Miracle Membrane® lets nothing but fresh air through.
- ✓ **Let go of the myth that your bed should be made immediately after you get up.** Leave the covers open for a few minutes and allow moisture to evaporate before making it up.
- ✓ **Wash soft toys in hot water every week.** Toys that cannot withstand hot washing can be put into the freezer for 24 hours before being washed in cold water to remove excess dust.
- ✓ **Wash your mattress protector in hot water every four to six weeks** to remove absorbed perspiration and dead skin cells. Bed linen should be washed every week at 60°C. 6H

Visit www.protectabed.co.za for more information or connect with Protect-A-Bed® on social media:

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