

Sleep easy

Is your wheezing and sneezing keeping you (or your kids) out of sleep? The solution might be simpler than you think! Protect-A-Bed® pillow and mattress protectors will help alleviate allergic symptoms.

Dust mites could be the trigger of your reaction – they're a proven cause of 80% of allergies, eczema and asthma. And, they might be breeding in your mattress and pillows! It gets worse: these little critters don't bite, it's their faecal matter that causes a reaction in us – when we breathe it in! They feed on almost anything organic, but their favourite food is old discarded skin – and where better to find this than a bed? Despite their size, they can produce 10-20 waste particles per day and a typical used mattress could have anything between 100 000 to 10 million mites inside. Yikes! Don't panic – you can easily keep these pesky bugs out of your beds. With waterproof, breathable mattress and pillow protectors from Protect-A-Bed®, you can seal in any existing mites that have made your bed their home and keep any new ones out. Once you've put the Protect-A-Bed® protectors on, it's vital to wash them every 4-6 weeks and give your linen a hot wash once a week.



PROTECT·A·BED®

Keeps your mattress like new

All Protect-A-Bed® mattress and pillow protectors are air vapour-porous, waterproof and anti-allergy, offering superb quality and style backed by their guarantee (anything from 2-10 years). Visit www.protectabed.co.za to order yours now.