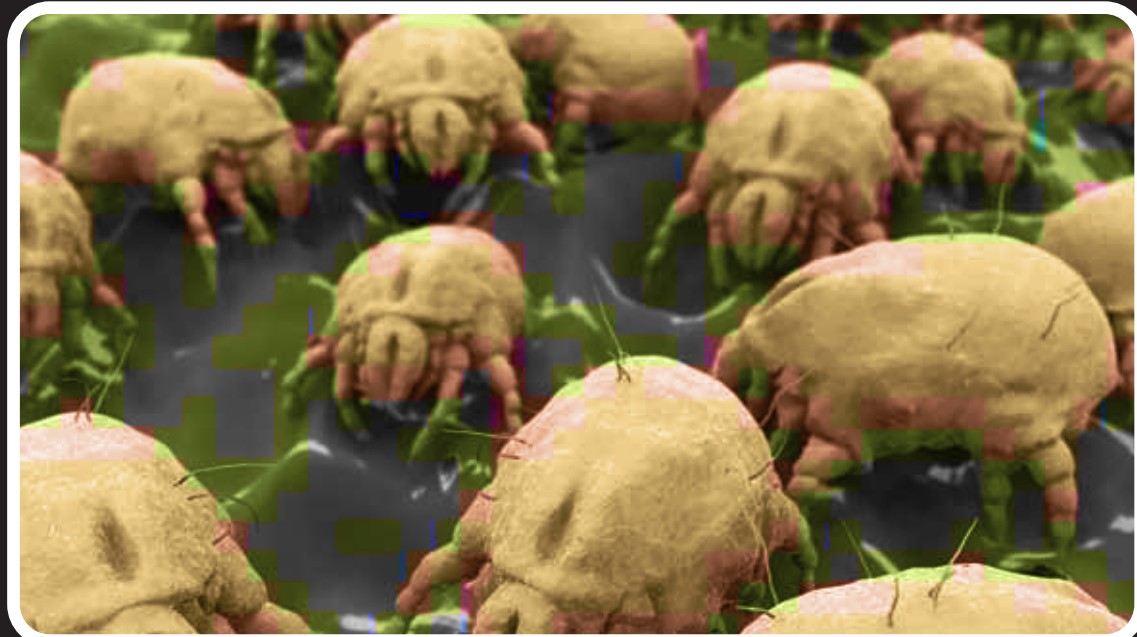


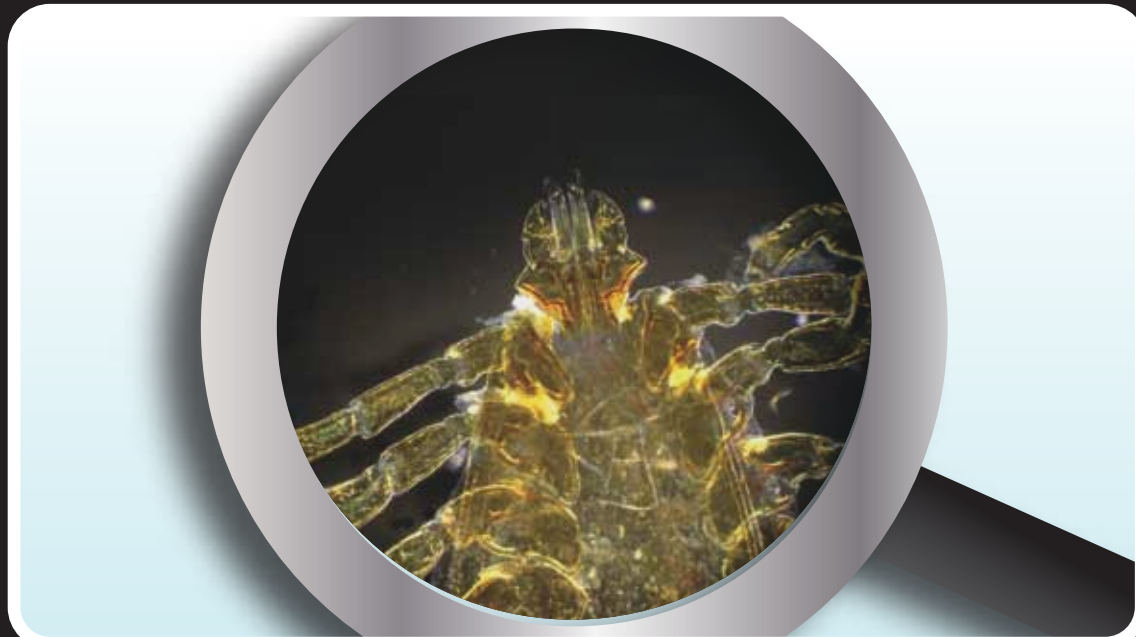
Dust Mites 101

PROTECT·A·BED®

WHAT ARE DUST MITES?



Dust mites are members of the arachnid family (related to ticks and spiders). These creatures thrive in large numbers and are one of the many components of house dust found in every home.



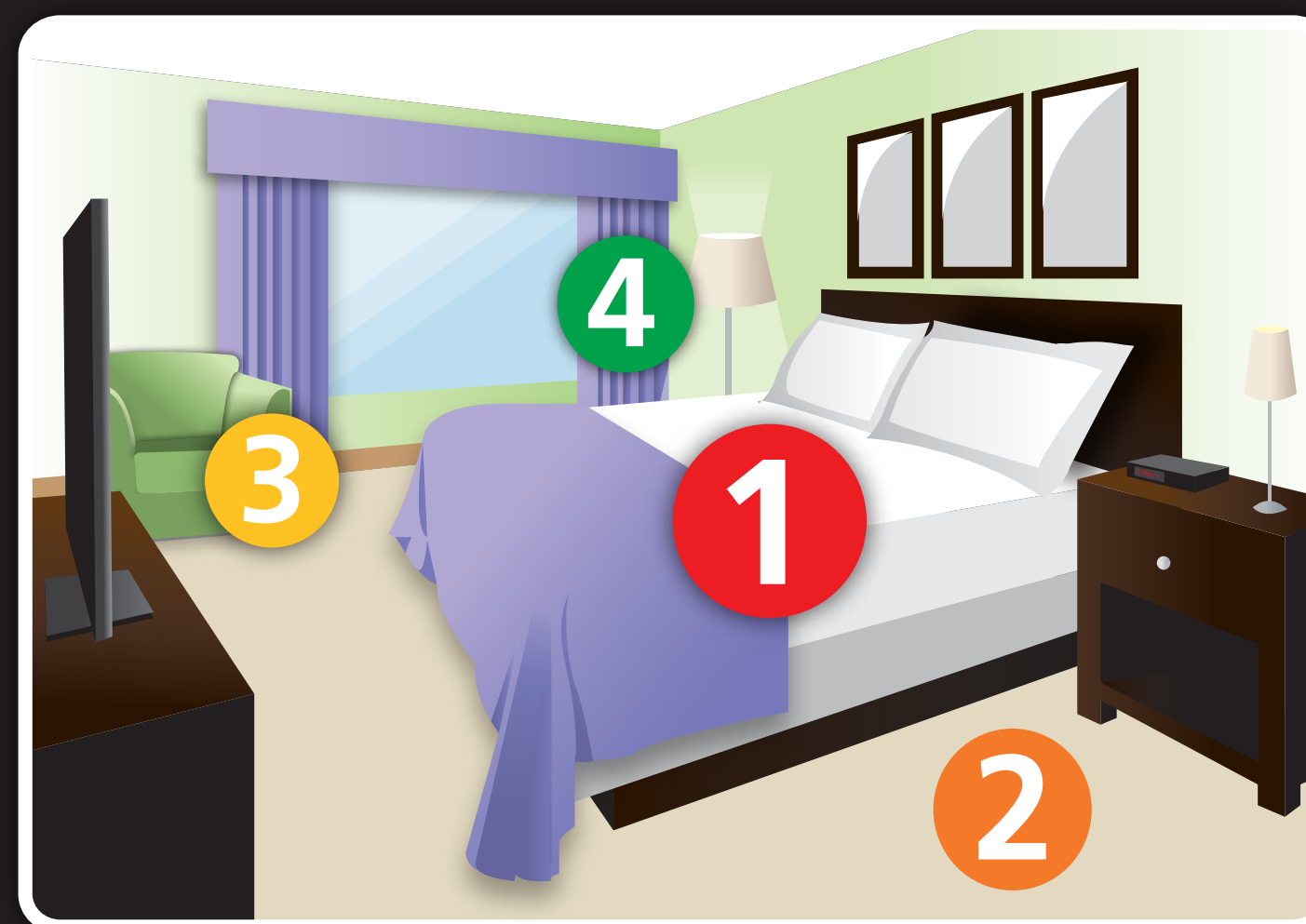
Dust mites are tiny, and cannot be seen without a microscope. They feed on flakes of human skin, surviving and multiplying especially well when conditions are warm and humid. The life of an adult dust mite is 30 to 90 days with female mites producing 1 to 3 eggs per day in that time.



Despite their tiny size, dust mites produce 10-20 waste particles per day, each containing a protein known to cause allergic reactions and asthma. These proteins are so light that they float when disturbed and disperse into the air. Most recent studies show that as much as 30% of the population are allergic to dust mite waste.

WHERE DO THEY HIDE?

- 1** **Your mattress & pillows** – This is the number one place to find dust mites. People spend several hours here every night sleeping, shedding skin, losing body moisture and keeping the bed warm, all perfect ingredients for a dust mite infestation. As many as 2 million mites have been counted in unprotected mattresses and it only takes 4 months for an unprotected mattress to become infested. 10% of the weight of a two year old pillow can be composed of dead mites and their droppings.
- 2** **Carpets** – If you have carpeting in your home, this is another location you'll find dust mites. Unlike bare floors, carpets trap dust and other matter that dust mites thrive on.
- 3** **Chairs & couches** – Most people spend a lot of time sitting on the chairs and couches in their homes. For this reason, a lot of dead skin is left behind, making these prime locations for dust mites to live and breed.
- 4** **Curtains & drapes** – Though they may look nice, the fabrics used for many curtains and drapes collect a lot of dust, making them a feeding ground for dust mites.



WHAT CAN YOU DO?



Vacuuming your carpets and furniture is a major component to dust mite control. However, you must be careful to use a HEPA vacuum, because other types may actually worsen the situation. HEPA filters ensure that 99.9% of the dust mites sucked in are actually trapped, and not simply released back into the air as they would be with other filters.



It is extremely important to wash your bedding regularly in order to maintain a healthy sleep zone. Curtains and drapes should also be laundered when possible. Weekly hot washing in water above 55°C will kill all dust mites present. Putting most items in the dryer on a high heat setting will also eradicate dust mites in your linens.



You can also purchase a dehumidifier for your home in order to help with a dust mite infestation. When humidity is near 75-80%, dust mites survive longer and multiply more frequently. Reducing the relative humidity in a room to below 50% will significantly decrease their reproduction and survival rate.

SOLUTION **1**

For Bedding...



The most effective way to control a dust mite infestation is to enclose your mattress and pillows with a dust mite proof bedding encasement. These protectors keep dust mites from entering or leaving your pillows and mattress, thus preventing them from burrowing into the fibers and breeding.

Protect-A-Bed® offers a full line of mattress and pillow protectors that feature Miracle Membrane®, a revolutionary layer that is both waterproof and a dust mite barrier.

Miracle Membrane® is also air vapor porous, keeping your mattress cool and comfortable. You'll have a healthy sleep zone without the hot, plastic feeling of other dust mite proof bedding protectors.

Total Bedding Protection Solutions. We have all your needs covered!

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