

Who are you sharing your bed with?

An average mattress doubles in weight over the course of 10 years because of Dust Mites and dust mite poop. The average person spends about eight hours a night in bed whether its sleeping, watching TV or reading a book. But apart from our loved ones, who else are we sharing the bed with? More than likely an insect called the Dust Mite. These harmless creatures are eating your dead skin flakes while comfortably nesting in your bed and pillows.

Dust Mites are the **number one** allergen in your house and effects everyone with Asthma. With the average person spending about one third of their life in bed this is a concern. A typical mattress contains millions of dust mites and their fecal matter (up to 20 waist droppings a day and each small enough to get lodged in your lungs or Bronchial Tubes) shed exoskeletons that we inhale as we sleep.

This means that after you have owned a pillow for about two years, approximately 10% of that pillows weight will be composed of dead mites and their droppings.

Dust mites are linked and declared to be responsible for some of the many health problems we battle with everyday. The list includes fatigue, hay fever, allergies, eczema, depression, glue ear, rashes, itchy skin and eyes, insomnia, bronchitis, asthma and other respiratory ailments according to the National Asthma Campaign.

