



# It's Finally Spring Cleaning Time

Over winter, you've spent about 800 hours in bed sleeping, snacking and wrestling for space with your partner, your children and your pets. If you haven't thought of putting your mattress on your list of spring cleaning chores then now is the time to do it.

Before the summer's humidity hits is the perfect time to think of getting rid of dust mites which thrive in humid places like your bed. It's estimated that you share your mattress with between 100,000 and 10 million of these little, almost invisible critters which play havoc with your health, especially for people with allergies. Dust mites feed off the flakes of skin and you shed a lot of skin in your bed.

A European study at the Center for Research in Environmental Epidemiology concluded that allergen exposure

to dust mites may be reduced by replacing the mattress regularly and increasing ventilation of the bedroom. If you wake up every morning sneezing

you can be assured that dust mites are the reason and you will have a hard time getting rid of them if your mattress is old.

If your mattress is fairly new here are some tips to help you spruce it up this spring.

You should vacuum your mattress and boxspring regularly using an upholstery attachment to get into all the crevices which will get rid of all the dust mites that are close to the surface. Press down firmly to suck up as much as possible.



Remove any stains with a spray-on spot remover for upholstery. Check the care tag on your mattress for cleaning instructions first though. Some mattresses made with memory foam have special cleaning instructions. Don't let any mattress get too wet or else mold will start to develop inside which will exacerbate allergies even more. Some homemade recipes could be just the thing. To remove a blood spot, rub with salt water. To remove a urine stain, use a little white vinegar

and let dry. To clean a coffee stain, wash with equal parts of white vinegar and alcohol, rinse gently and let dry. Use a fan to dry it faster or, if possible, put it out in the sunshine. Ensure that you don't put bedding on before the mattress is fully dry.

For any odours use a disinfecting spray. You can also sprinkle baking soda on the mattress, as long as it is dry, let it sit

for about 20 minutes and then vacuum off.

We recommend that you use an environmentally friendly cleaner and spot remover as many chemical cleaners will leave a harsh and harmful odour.

Once you have finished cleaning your mattress it is always good to flip it over and turn it around but check out manufacturers' specific recommendations for your type of mattress first (some mattresses shouldn't be rotated or flipped).

Wash your bedding and mattress protector. Hot water is best as dust mites can only be killed in temperatures over 55°C or 130°F.

Sleep Experience also carries a variety of hypo-allergenic mattress protectors that will help protect your new mattress right from the start and your older mattress once it's gone through a thorough spring cleaning.

*Jim Conlon*

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