

PROTECT·A·BED®'s Healthy Sleep Zone Solutions provide healthy and hygienic ways to help you and your family have a healthier night's sleep.

We spend on average one-third of our lives in bed! Sleep is so important to our general health and well-being. Sleep restores our immune system, it is required for laying down memory, to save our body's energy, to restore mental function and for physical growth.

For us to have the healthiest sleep possible, our beds need protection from bacteria, dust mites, allergens, liquids, body fluids and stains. Many allergic reactions can actually be made worse by our sleep environment. However, general comfort and hygiene can be greatly improved with the help of simple bedding products available from PROTECT·A·BED®.

Whether you have allergies, incontinence or bed-wetting, skin disorders such as eczema or just wish to improve the general hygiene of your sleep environment – PROTECT·A·BED® has all your needs covered!

Tips for a better night's sleep

- 1 Invest in a mattress that will allow for good posture
- 2 Invest in mattress protection and bedding products that will improve your sleep hygiene and protect your bed from bacteria, mould, dust mites, spills, perspiration stains and allergens
- 3 Make sure your room is at a comfortable temperature – not too hot or cold
- 4 Ensure the room is dark – light can trick the body into waking up
- 5 Avoid caffeinated drinks late at night
- 6 Regular exercise is a great way to improve sleep (however not close to bedtime)
- 7 Start a relaxing bedtime routine – relaxing activities with lowered lights

MORE INFORMATION?

For more information – please contact the PROTECT·A·BED® online Healthy Sleep Nurse on healthysleep@protectabed.net.au

Please Note: This fact sheet is for information purposes only. Please consult with your doctor or other health professional for medical advice.

References:

- 1 National Asthma Council; Asthma Information Brochure, Asthma & Allergy Facts, 2008
- 2 www.eczema.org.au/info/facts/html (Eczema Association of Australia)
- 3 National Asthma Council; Asthma Information Brochure, Asthma & Allergy Facts, 2008

SNUGFIT AUSTRALIA PTY LTD
ABN 16070837151

PROTECT·A·BED®

2 Simpson Street
Moorabbin VIC 3189 Australia
Tel 1300 857 123
Fax +61 3 9551 7266
Email info@protectabed.net.au

www.protectabed.com.au

Allergies – Skin Disorders, Asthma and Hay fever



PROTECT·A·BED®

Healthy Sleep Zone Solutions™

We have you covered!

Everything you need for a healthy night's sleep

Allergies, asthma and skin disorders

Around 4 in 10 Australians have an allergic disease and more than 8 in 10 Australians with asthma have tested positive to a form of allergy.¹ Many of these allergies are to food and environmental factors such as dust and dust mites, pet fur/dander (proteins from pet skin), pollen etc., and can lead to an increased prevalence of asthma, hay fever, sinusitis/rhinitis and skin disorders such as eczema, psoriasis and atopic dermatitis.

The conditions of asthma, hay fever, sinusitis as well as eczema, psoriasis and dermatitis can greatly affect you and your family's quality of sleep. As sleep is the time for the body to repair from illness and wounds – it is important to create the healthiest sleep environment possible.



PROTECT-A-BED® StainSafe™
Mattress & Pillow Protectors



PROTECT-A-BED® Premium
Mattress & Pillow Protectors

Dermatitis, eczema and psoriasis

Atopic eczema/dermatitis is a common form of skin condition affecting 1 in 3 Australians at some stage throughout their life.² Sleep disturbance is one of the most reported problems for people with skin disorders. Sufferers often have dry, irritable skin that is inflamed and very itchy.

It is important to avoid anything that tends to aggravate the skin. Common environmental irritants include soaps on skin, clothing and bedding. Wool and nylon fabric can cause overheating and some cotton fabrics can also be too coarse for irritated skin. Pollen, house dust mites, and animal dander can aggravate skin disorders. Choosing clothing and bedding such as Elite and CumfySafe® sheets and pillowcases that are made from natural eucalyptus Tencel®, can help control body temperature and improve sleep quality.

Dust mites can be controlled using protective bedding such as AllerZip™ and are available in PROTECT-A-BED®'S range of Healthy Sleep Solution products.

Asthma, rhinitis and hay fever

Australia has the 2nd highest prevalence of asthma in the world: 1 in 4 children, 1 in 7 teenagers, and 1 in 10 adults.³ Asthma can greatly affect quality of life and sleep. The causes of asthma are not fully understood, but there is often a family history of asthma, eczema or hay fever.



PROTECT-A-BED® Elite
Mattress & Pillow Protectors



PROTECT-A-BED® CumfySafe®
Waterproof Linen

People with asthma have sensitive airways in their lungs. When exposed to certain 'triggers' their airways narrow, making it hard for them to breathe. Triggers can include:

- Inhaled allergens (eg pollens, moulds, animal dander and dust mites)
- Environmental factors (eg dust, pollution, woodsmoke, bushfires)
- Exposure to cigarette smoke (passive smoking)
- Exercise and some foods and food preservatives.

For more information talk to your doctor, or contact The Asthma Foundation of Victoria toll-free helpline 1800 645 130

Perennial allergic rhinitis (all year hay fever-like symptoms) is an allergic disorder which can be triggered by house dust mites, and causes a congested, runny nose, nasal itching and sneezing. Avoiding the allergic triggers (such as house dust mites) should help to reduce the symptoms of allergic rhinitis and hay fever.

PROTECT-A-BED®'s Healthy Sleep Solutions has several products to assist in improving sleep environments for people with skin disorders and asthma, rhinitis or hay fever:

- PROTECT-A-BED® Premium and StainSafe™ Mattress Protectors for protection from dust mite allergy, pet dander, spills, and bacteria/mould.
- PROTECT-A-BED® Elite Mattress Protectors (made from all-natural Tencel®) – is perfect for sensitive skin and dust mite allergy
- PROTECT-A-BED® CumfySafe® Bed Linen and Pillowcases (made from all-natural Tencel® – is also perfect for sensitive skin
- PROTECT-A-BED® AllerZip™ – Mattress and Pillow Protectors for complete, encased protection from dust mites (and bed bugs).



PROTECT-A-BED® AllerZip™
Mattress & Pillow Protectors