

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 Code of Practice, For the Control of Bed Bug Infestation, Steven L. Dogget, Australian Environmental Pest Control Association, November 2007
- 2 Western Sydney Health. ICPMR Fact Sheet – Medical Entomology, 2007

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Dust mites and Bed bugs



PROTECT·A·BED®

Healthy Sleep
Zone Solutions™

We have you covered!

Everything you need for a healthy night's sleep

Dust mite allergy

House dust mite allergy is very common and is associated with asthma, eczema and allergic rhinitis. A major site of exposure to dust mite allergen is the bed. It is the dustmite's secretions and faeces that contain particular proteins that can trigger allergic reactions. The food source of the dust mite includes skin flakes and fungal spores. Dust mites prefer warm, humid and dark environments and therefore they are right at home in mattresses and bed linen.

While it is impossible to destroy all dust mites in your bed, you can dramatically reduce their numbers and thereby lessen allergic reactions with PROTECT·A·BED®.

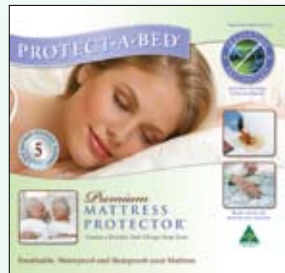
Tips to reduce house dust mites in your home:

- Cover mattresses, pillows and quilts with dust mite-resistant covers – eg
- PROTECT·A·BED® StainSafe™ Terry towelling Waterproof Mattress Protector
- PROTECT·A·BED® AllerZip™ Mattress Protectors,
- PROTECT·A·BED® Quilt Protector and Pillowcases.
- Wash sheets and pillowcases weekly in water hotter than 55 °C.

- Hot tumble dry (for half an hour after sheets are dry)
- Use synthetic rather than feather doonas and pillows
- Remove sheepskin or woolen underlays
- Vacuum weekly



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



PROTECT·A·BED® Premium
Mattress & Pillow Protectors

Bed bugs

Remember the saying “Don’t let the bed bugs bite!”? Bed bugs were previously eradicated from Australia; however, they have returned and are growing in numbers.¹

Bed bugs are nocturnal parasites that feed on the blood of humans. Bites result in severe rashes that swell and become extremely itchy. Allergic reactions to the bites can last for days/weeks.²

Bed bugs enter your home in luggage or in second-hand bedding and furniture.

Some suggestions to avoid bed bug infestation:

- Thoroughly wash, vacuum or clean all surfaces and bedding
- Take care when bringing into your home – luggage and second-hand furniture
- Completely cover mattresses with protective, fully encased, mattress protectors such as PROTECT·A·BED® AllerZip™ Mattress Protectors and Bed Base Protectors.
- Steam-clean carpets.



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



PROTECT·A·BED®
Bed Base Protectors



PROTECT·A·BED®
Quilted Mattress Pad



PROTECT·A·BED®
Waterproof Quilt Protector

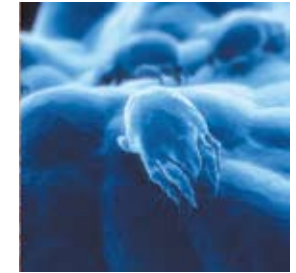
SIZE COMPARISON

BED BUG



**2X
ACTUAL SIZE**
(PHOTOGRAPH)
Bed bug eggs 1mm –
grow to 5mm, easily visible

DUST MITE



**1000X
ACTUAL SIZE**
(MAGNIFICATION)
Dust mite is microscopic –
3 fit on a pinhead

PROTECT YOUR INVESTMENT IN SLEEP:

Mattresses represent a considerable financial investment (ranging from \$800 to \$5000) and are worthy of protection against spills, body fluids, infestation by dust mites and bed bugs.

Protect not only your bedding investment but more importantly the health of you and your family.