

## 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](mailto: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 Dr. J.Semo, Wenatex Sleep Health Science, Second-hand mattresses article. [www.wenatex.co.nz/used\\_secondhand\\_mattress\\_mattresses.asp](http://www.wenatex.co.nz/used_secondhand_mattress_mattresses.asp)
- 2 Canadian Association of Wound Care: [www.cawc.net/open/library/education/skin-self-study.html](http://www.cawc.net/open/library/education/skin-self-study.html)
- 3 Canadian Association of Wound Care: [www.cawc.net/open/library/education/skin-self-study.html](http://www.cawc.net/open/library/education/skin-self-study.html)
- 4 [www.nationalasthma.org.au/html/management/infopapers/consumer/index.asp](http://www.nationalasthma.org.au/html/management/infopapers/consumer/index.asp)
- 5 National People and Pets Survey 1995. [www.petnet.com.au/petstatistics.asp](http://www.petnet.com.au/petstatistics.asp)

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## General Hygiene – Perspiration, Pets, Mums-to-be



PROTECT·A·BED®

Healthy Sleep  
Zone Solutions™

We have you covered!

Everything you need for a healthy night's sleep

## Sleep Hygiene

It is easy to understand why we need to keep our beds as healthy as possible when we consider not only the amount of time we spend in bed, but also:

- The average person perspires approximately 250 mL per night.<sup>1</sup> This body liquid then stains our mattresses, linen and pillows.
- Perspiration in unprotected beds can lead to bacteria and mould causing health conditions such as asthma
- Every person sheds and regrows skin every 27 days!<sup>2</sup> Skin cells are the primary source of food for dust mites
- The average person loses 100 hairs a day.<sup>3</sup>
- Around 1 in 4 Australians have an allergic disease – which can be made worse in unprotected beds<sup>4</sup>

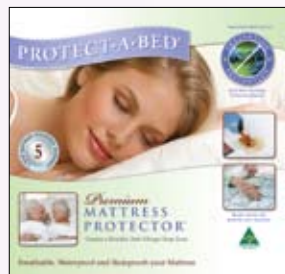
Every mattress needs protection from bacteria, dust mites, liquids like body fluids and stains!

To improve the hygiene of your sleep environment – you should consider:

- Covering mattresses, pillows and quilts with dust mite/ bacteria-resistant covers – for example;
- PROTECT·A·BED® StainSafe™ and Premium Mattress & Pillow Protectors
- PROTECT·A·BED® Elite Mattress & Pillow Protectors
- PROTECT·A·BED® Quilt Protector
- 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



PROTECT·A·BED® Elite  
Mattress & Pillow Protectors



PROTECT·A·BED® CumfySafe®  
Waterproof Linen



PROTECT·A·BED®  
Quilted Mattress Pad



PROTECT·A·BED®  
Waterproof Quilt Protector

## Mums-to-be

Expectant mothers and lactating mothers – can ensure the protection of their health and bedding with the application of the following products:

- PROTECT·A·BED® StainSafe™ and Premium Mattress & Pillow Protectors
- PROTECT·A·BED® Elite Mattress & Pillow Protectors (with the added benefit of all natural Tencel® ensuring a hypoallergenic environment)
- PROTECT·A·BED® CumfySafe® sheets and pillows (revolutionary waterproof linen)
- PROTECT·A·BED® Quilted Mattress Pad (for waterproofing and additional comfort)
- PROTECT·A·BED® Quilt Protector (for waterproofing/ stainproofing)



## Pets on bed

Australia is a nation of pet lovers, with 63% of Australian households having some type of pet and 91% of people reporting that they feel “very close” to their pet – almost as many people as report feeling close to their family!<sup>5</sup>

Most people who have allergic reactions to dogs and cats are allergic to the dander – the dead skin cells shed by animals – rather than the hair. All breeds of dogs and cats shed dander. Other people react to a protein in the animal’s saliva and this is more likely to cause problems to cat owners, as cats self-groom by licking their fur.

Should you like to sleep with your pet on your bed, there are some steps which you can take to improve hygiene and minimise the allergies to dog and cat hair and/or dander:

- Use protective bed linen and mattress protectors such as:  
PROTECT·A·BED® StainSafe™ and Premium Mattress & Pillow Protectors, PROTECT·A·BED® CumfySafe® Sheets and Pillow Protectors, PROTECT·A·BED® Quilted Mattress Pad and Quilt Protector
- Clean and vacuum often
- Groom and brush the pet often so its hair-shedding is minimized
- Bathe the pet regularly

For more information, please seek advice from your local veterinarian.