



# Reducing Allergens In Bedroom TO SLEEP BETTER

**Bedroom Allergies** affect most people as we spend around 1/3 of our time in bed. People may suffer from one or more allergies in bedroom. Allergic reactions make it hard for us to get a good night's sleep, and prolonged exposure to allergens may even trigger chronic diseases like asthma.

## Bedroom Allergies Basics



Dust mites may be the **#1 cause** of year-round allergies and asthma<sup>1</sup>



Up to **85%** of **Asthma** patients are allergic to dust mites<sup>2</sup>



**10-20%** of population worldwide allergic to dogs and cats<sup>3</sup>



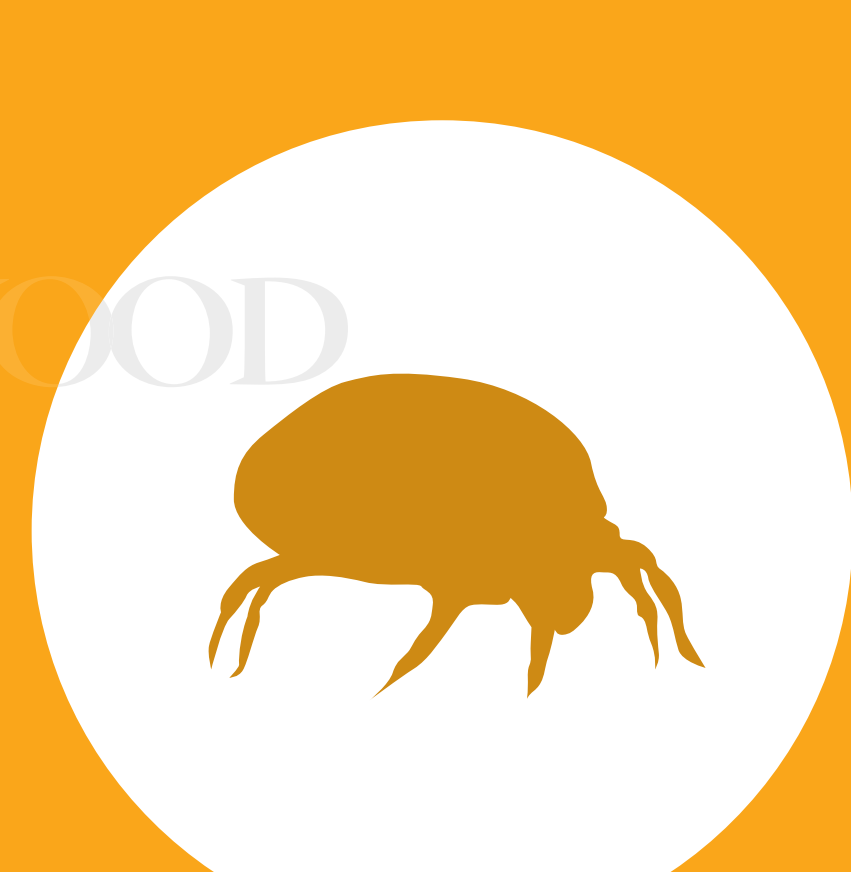
Up to **88%** Children

with **Allergic Rhinitis** have sleep problems, including micro-arousals, leading to daytime fatigue and somnolence, and decreased cognitive functioning<sup>4</sup>

Up to **57%** Adult

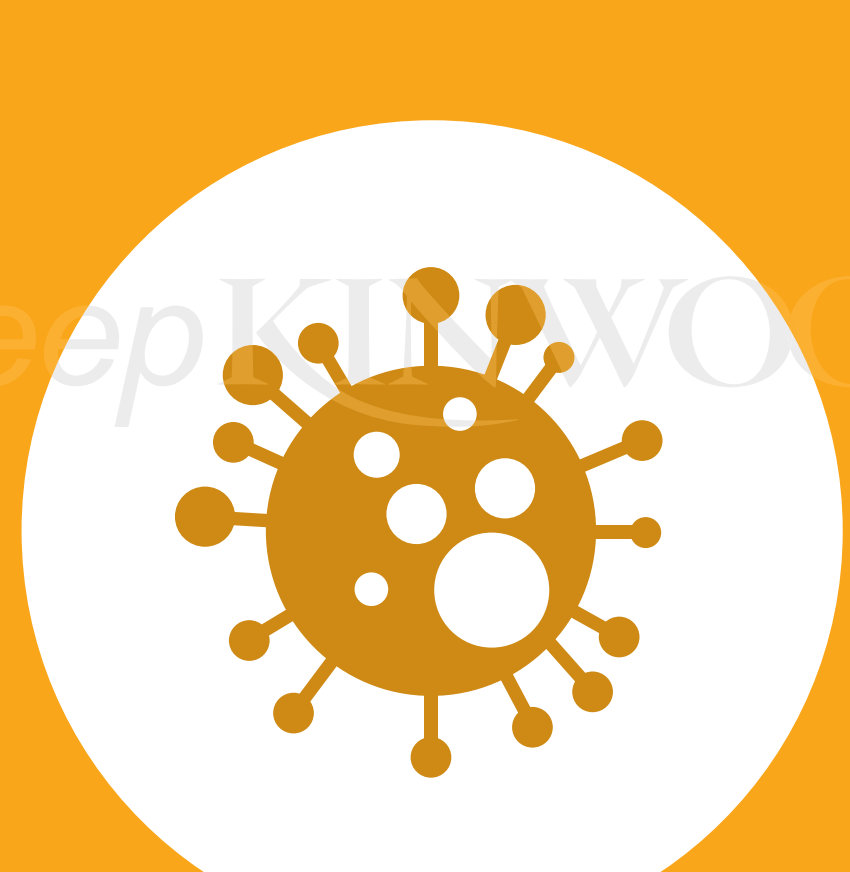


## What Causes Allergies?



Dust mites

Both the body parts and its droppings are allergens, and they may produce as much as 200 times its body weight in waste products throughout its short life.<sup>5</sup>



Mould

Common in many homes, especially humid environment

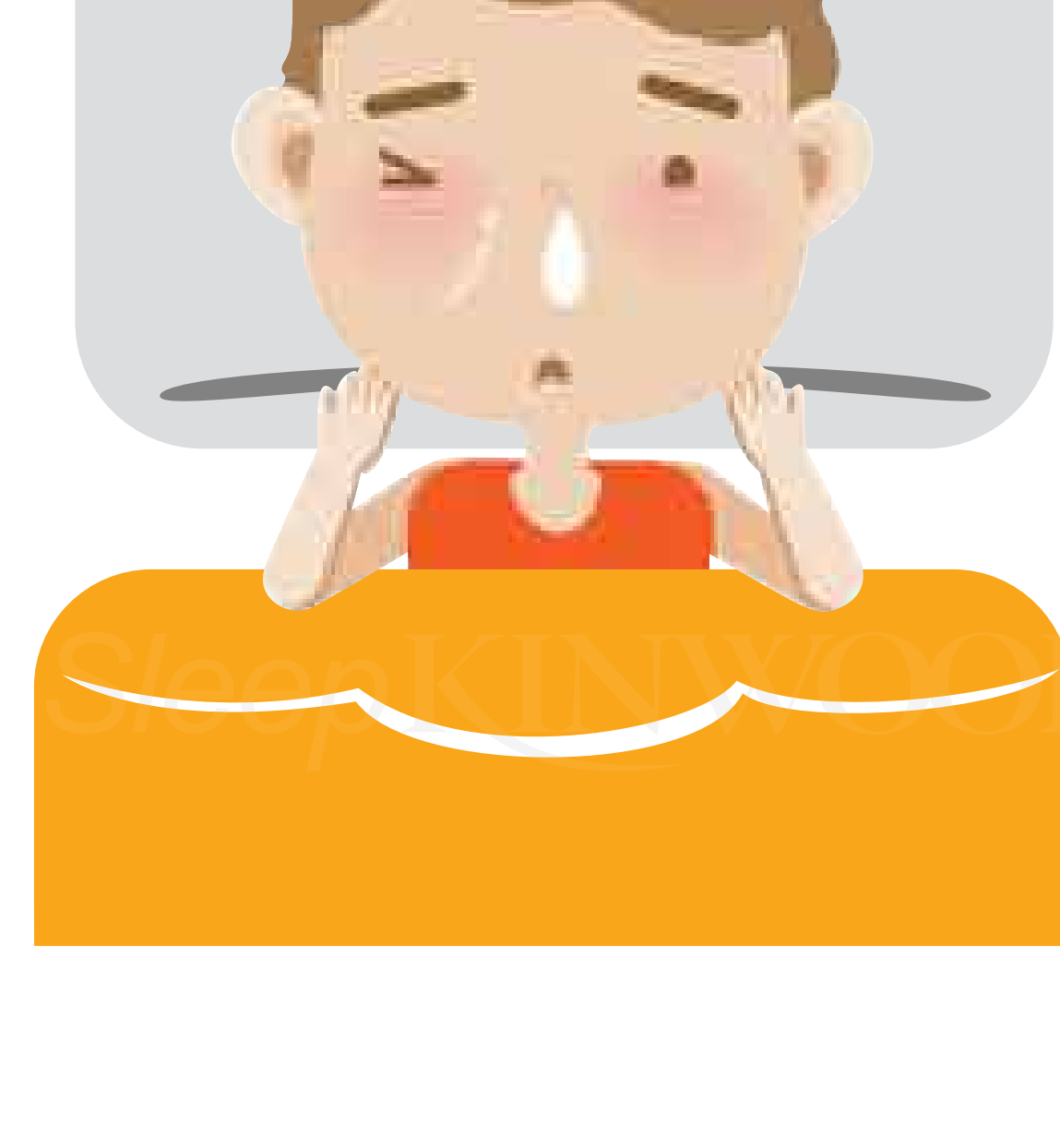


Pet

Dander and saliva of dogs and cats can cause allergies

## Could You Have Bedroom Allergies?

Review these signs: (especially when you are in the bedroom)



Sneezing



Runny nose



Blocked nose



Itchy and watery eyes

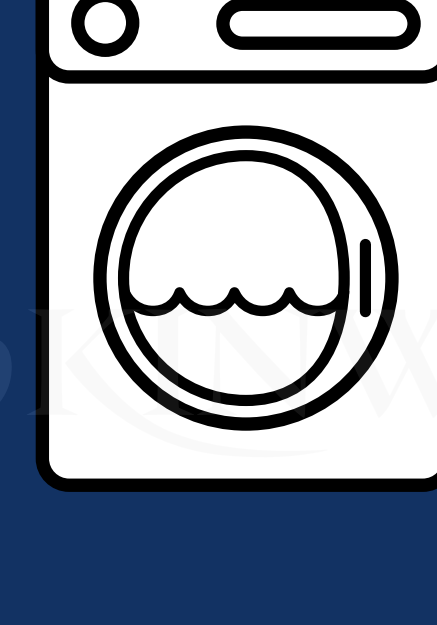


Coughing

## Treatment and Lifestyle Management



Use zipped protective cover for bedding



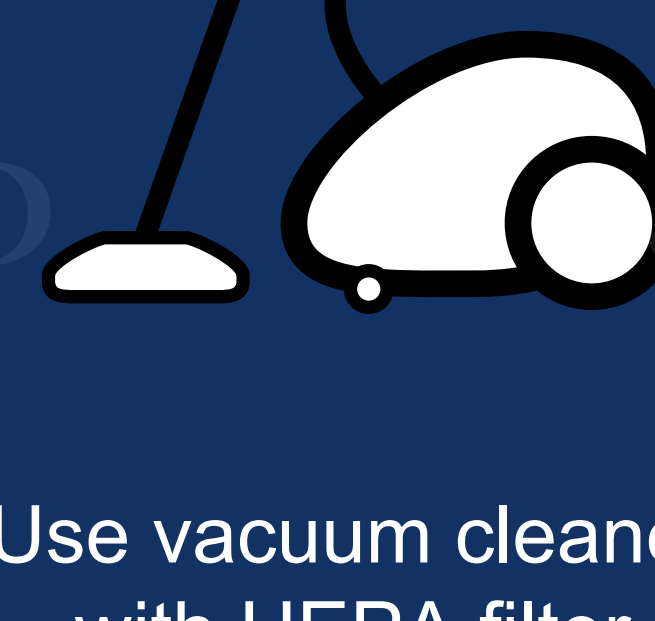
Use 60°C water to wash bed liners



Make your bedroom a pet-free zone



Do regular dust cleaning (1g of dust may hold 1000 mites<sup>6</sup>)



Use vacuum cleaner with HEPA filter



Use a dehumidifier to manage humidity below 50%

## Did You Know

Who may share your bed?

### Bed Bugs

About 5mm long<sup>7</sup>, feed on human blood, bite people while they sleep, may live up to 70 days<sup>8</sup>.

### Dust Mites

You may share your bed with up to 10 million dust mites<sup>9</sup>. They are about 0.3mm in size, feed on human dead skin, and live for about 2-4 months<sup>10</sup>.

## Are You Suffering From Year-Round Allergy?

If you're struggling with allergies, it's time to take steps in turning your bedroom into an allergy-free zone. Try our **Astex Dust Mite Proof Bedding** for mattress and pillow, which is recommended by UK Allergy Foundation to alleviate allergic symptoms and improve your sleep quality.

Infographic is provided by **SleepKINWOOD**

For more information about the treatment products for bedroom allergy: [www.sleepkinwood.com](http://www.sleepkinwood.com)

(852) 3106 0033 (852) 6626 9538

Information in this infographic is for reference only, you should consult your doctor if you have any health concern.

References:  
 [1] Dust Mite Allergy. Asthma and Allergy Foundation of America. <https://www.aafa.org/dust-mite-allergy/>. Updated 2015. Accessed March 29, 2021. [2] House Dust Mites Damage DNA in Lung Cells and Worsen Asthma. American Academy of Allergy Asthma & Immunology. <https://www.aaaai.org/global/latest-research-summaries/Current-JACI-Research/house-dust-mite>. Published May 1, 2016. Accessed March 29, 2021. [3] Chan SK, Leung DYM. Dog and Cat Allergies: Current State of Diagnostic Approaches and Challenges. Allergy Asthma Immunol Res. 2018;10(2):97-105. [4] Pawankar R, Biogues MS, Bonini S, Kaliner MA. WAO White Book On Allergy. World Allergy Organization; 2013:29. [5] Dust Mite Allergy. Asthma and Allergy Foundation of America New England Chapter. <https://asthmaandallergies.org/asthma-allergies/dust-mite-allergy/>. Accessed March 29, 2021. [6] 蔡肇基：〈塵蟎（Dustmite）藥劑防治〉，台灣環境有害生物管理協會。取自<http://www.tepma.org.tw/html/front/bin/ptlist.phtml?Category=337359>，29-3-2021 擷取。 [7] Introduction to Bed Bugs. United States Environmental Protection Agency. <https://www.epa.gov/bedbugs/introduction-bed-bugs>. Updated 13 December, 2016. Accessed March 29, 2021. [8] Miller D, Polanco A. Bed Bug Biology and Behavior. Virginia Department of Agriculture and Consumer Services. <http://www.vdacs.virginia.gov/pdf/bb-biology1.pdf>. [9] Sharma D, Dutta B, Singh A. Dust Mites Population in Indoor Houses of Suspected Allergic Patients of South Assam, India. ISRN Allergy. 2011;2011:1-7. [10] House dust mite allergy advice. East Kent Hospitals University NHS Foundation Trust. <https://www.ekhuft.nhs.uk/EasySiteWeb/GatewayLink.aspx?allid=201985>. Updated November, 2019. Accessed March 29, 2021.