



Allergen Avoidance:

Reducing Allergens in Your Home for Allergy Relief

The First Step:

Controlling Allergens in the Bedroom

It's most important to focus on the bedroom first, since the bedroom is where you spend up to one-third of your day and it's where you come into contact with the biggest allergen source—your bed! What should be a clean and restful place is packed with up to 1 million dust mites that produce the allergens that cause your symptoms. Physicians recommend covering your bed in allergy encasings to find relief.

Here are some frequently asked questions about encasings and what they do:

Q: Why is encasing the bed important for allergy relief?

A: Dust mites can live in any part of the bed, including pillows, mattress, box spring and comforter. While you sleep, you are inhaling allergens from the bed from dust mites or pet dander. As you move while sleeping, these allergens are released into the air and inhaling them can trigger allergic symptoms. Covering the bed with an encasing blocks the allergens from being released into the air and keeps you from inhaling them throughout the night.

Q: What is an encasing?

A: Think of an encasing as a protective barrier (like a sealed envelope) between the source of the allergens and you. The encasing zips around the bedding, preventing dust mite allergens or pet dander from escaping where they could become airborne and trigger symptoms. Certain encasings also provide certified protection against bed bug infestations.

Q: Will an encasing be uncomfortable to sleep on?

A: Today's encasings offer the protection you need along with the total sleeping comfort found in the quality, high thread count cotton and polyester fabrics used in Allergy Control Products' encasings.

Q: How can I be sure that encasing the bed will help my allergy symptoms?

A: Allergy Control® encasings have been used in major independent scientific studies, which tested various environmental and health benefits associated with encasing the bed. Thousands of allergy patients took part in the studies, and test results proved the effectiveness of encasings as part of an allergen avoidance plan. For a complete list of scientific studies that include Allergy Control encasings, see our website's Allergy Learning Center.

Q: What other steps should be taken in the bedroom?

A: After encasing the bed, the National Institutes of Health (NIH) recommends washing sheets, blankets and other bedding weekly in hot water to kill dust mites. In addition, carpet in the bedroom should be treated or removed as carpet is the second largest source of allergens after the bed.

