



DUST MITES – THE FACTS



Dust mites are present in almost every household, no matter how clean you think your home is. They are a major cause of allergies and asthma, especially amongst the elderly and young children.

House dust mites are so small they can't be seen by the naked eye, which means that many household owners think that their mattresses and lounging areas are free of dust mites after a vigorous clean with the vacuum cleaner, which is simply not the case.

These microscopic bugs feed on dead skin shed from humans and animals around the house and, although harmless to many, the faeces these dust mites produce do cause allergic reactions to some people. This is why specialist mattress and hypo-allergenic cleaning is so important to eliminate dust mites and their faeces from your sleeping environment.

Generally, dust mites thrive in the winter because we keep our homes warm to combat the cold weather. The dust mites multiply in the comfort of the warmth and humidity around the home, especially in mattresses.

They also live in carpets, bed pillows and furniture around the house and will be most commonly found in large numbered families and households with pets.

With the average adult human shedding around 50 million dead skin cells every day it is very important to keep your house as dust free as possible to eliminate the breeding of dust mites in the home.

There are small actions every household can take to reduce the dust mites living in our homes and that would be to simply clean your house on a regular basis and open windows as often as possible during the spring and summer months to air your furniture, carpets and mattresses with a fresh breeze.

These actions will not prevent all the dust mites from growing and breeding in your home, which is why every so often it is wise to bring in a specialist to clean areas where dust mites thrive, like in mattresses.

Since we spend a third of our life-time sleeping it is a great idea to spend a few hours per year getting our mattresses cleaned by a professional to control and neutralise dust mites within our sleeping environment.



For a free quote call: 01327 342594



SleepHaven

Mattress, Carpet & Upholstery Cleaning

A regular small mattress can contain up to 100,000 dust mites and with each single dust mite producing around 20 waste droppings a day sounds very unpleasant. It does get worse - a typical used regular mattress can have anything from 100,000 to a million dust mites living inside the mattress.

It is the protein within the faeces produced by dust mites that cause the allergic reaction amongst many people, which can make humans have any reaction ranging from itchy eyes to a very serious asthma attack. It is therefore very important to keep your mattress as clean as possible not just for a comfortable nights sleep but more importantly for health reasons.

