

Don't let the **BED BUGS BITE**

Benefits of Regularly Washing Your Sheets

Our signal that it's time to do a load of laundry is usually when the hamper overflows, or someone desperately needs a lacrosse jersey cleaned by morning. How do you know when it's time to wash your sheets? According to a study by Mattress Advisor, the majority of people change their sheets once every 24.4 days. Here's a list of reasons why it's good idea to rethink that timespan when it comes to your bedroom linens.

1

Hot water kills germs, bacteria and dust. Be sure to use the manufacturer-recommended warmest setting possible to get sheets properly cleaned.

2

If you've been sick, wash your sheets as soon as your symptoms go away.

Bacteria can linger and can cause reinfection.

3

Dirty sheets can trigger illness and skin irritation. When you tuck yourself under the covers, you're revisiting the sweat, dead skin cells, dirt and oils your body left behind the night before. Wash sheets often to minimize these encounters.

4

Unwashed sheets are a **perfect environment for dust mites** to call home. Clean those sheets to evict these tiny bugs who love feasting on dead skin cells.

5

Change sheets on shared beds twice as often—or more.
**One person = one week,
two people = every 3 or 4 days.**

6

Asthma and allergy symptoms become worse when sleeping on sheets that need to be laundered. **Avoid morning stuffy noses** by regularly changing your bedding.

