



Integrative Medicine

Allergen Reduction

Creating a Safe Haven in Your Bedroom

Encase pillows, comforters, mattresses, and box springs in zippered allergen impermeable dust proof casings.

Avoid purchasing foam rubber pillows and mattresses, as they are more likely to harbor molds. **Avoid memory foam as it is highly allergenic and contains many toxicants.**

Wash blankets, sheets, pillowcases and mattress pads every week in hot water! Use hypoallergenic/additive free detergent. Hot water kills dust mites. Cold or warm water does not. Put all pillows in dryer for 30 minutes weekly to kill dust mites.

Keep closet doors in bedroom closed and wet dust furniture bedroom weekly

Avoid common dust collectors such as cloth wall hangings, stuffed animals and piles of clothing in bedroom.

Install a high quality HEPA air purifier to remove airborne allergen particles, molds, animal dander and pollutants. Austin Air HealthMate is a great option for the bedroom (discounts available for Dr. Beaudoin's patients, contact the office).

Change filters on heating system every season: 3M Ultra Allergen 1" is readily available and a good option.

Do not keep clothes that have been dry cleaned in bedroom.

Avoid mothballs, furniture polishes, scented candles and air fresheners. Substitute non-toxic, environmentally friendly alternatives for chemical based products. Organic essential oils can also enhance sleep (lavender, chamomile, ylang ylang, bergamot & marjoram).

Keep pets off the bed, especially if you treat them with tick repellents.



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