

6 Ways To Reduce The Allergens In Your Bedroom



KEEP YOUR SHEETS CLEAN

Dust mites will gather mainly on your sheets, feasting on dead skin cells. To keep these critters from giving you allergic reactions, wash the covers and sheets with hot water regularly.

GET AN AIR PURIFIER

Allergens travel through the air easier when the windows are open. Keep them closed and get an air purifier! Doing so will help you breathe easier in your room.



DECLUTTER YOUR ROOM

The more things you have, the more places where airborne allergens can land and gather. So, cut back on the knick-knacks and store away any items you don't need.

CONTROL THE TEMPERATURE AND HUMIDITY

High temperatures and a lot of humidity are the perfect conditions for dust mites and mold. Avoid this by adjusting the AC between 68° F and 72° F and getting a dehumidifier if possible.



CLEAN AND VACUUM OFTEN

Having a clean room will vastly help you keep allergies at bay. Clean surfaces regularly and vacuum at least twice a week to remove most dust and dirt.

CUT BACK ON THE FABRICS

Textiles attract dust, so the less carpeted floor and fabric furniture you have, the better. Cleaning these materials can also be a hassle, which is another good reason to cut back on fabrics.

