

WHO DID YOU SLEEP WITH LAST NIGHT??



At this moment there are over two million of these little guys living in your mattress.

A clump of dust can be a happy home for dust mites. Their droppings, and the skin they shed every time they put on a spurt of growth, drift into the air.

It is now believed that mites and their debris are a primary contributor to childhood asthma and allergies.

Dust mites cannot live on pure air.

A quality air purifier that filters down to 0.03 microns will eliminate much of the problems and you will sleep better for two reasons. One, you will breath easier and snore less. The white noise from the fan will drown out sounds that can pull you from your REM sleep.

Have you ever heard the old saying, "Don't let the bed bugs bite?" Well it's not bugs that are the real problem. It is the dust mites and the proteins (DER p1) in their fecal matter (up to 20 pellets a day each) and shed exoskeletons that we inhale as we sleep and live that we have to be very concerned about. Millions of these flea like creatures, that belong to the arachnid (spiders, scorpions and others) family are living in your mattress right now amongst other unhealthy allergens such as bacteria, molds, fungi and viruses, no matter how clean you are or how old your mattress is. Pillows can contain up to 20% of their weight in dust mites and their waste matter. The mite population in your bed can be as large as 60% of the total household contamination and having these pests are not a sign of untidiness at all.

Their scientific names are dermatophagoides farinae (American Dust Mite) and d. pteronyssinus (European Dust Mite) and their names mean skin eating mites. These mites live off of the skin flakes (as much as 2 pounds of skin yearly) and hair we shed every day as well as bacteria, pollen, molds, fungi and their own droppings. They are everywhere in your house with the highest concentration of them being in your bed where we spend up to 1/3 as adults and 1/2 as kids at ground zero.

Dust mites are linked and declared to be responsible for some of the many health problems we as a society battle with everyday. The list includes fatigue, hay fever, allergies, eczema, depression, glue ear, rashes, itchy skin and eyes, insomnia, bronchitis, asthma and other respiratory ailments according to the National Asthma Campaign. They do this by breaking down the linings of the eyes, lungs and nasal passages with a protein that is in their fecal matter (DER p1).

A study done by the National Institute of Environmental Health stated that 46% of the houses in North America have enough dust mite allergens in their mattresses and beddings to cause troublesome allergies to the occupants. The dust mite's excrement is thought to be the most important allergen associated with asthma. M.S. Dhillon and D.G. Hogan both of the Allergy and Asthma Consultants, PC claim that not taking charge of this problem within the early years of child development could lead to long-term health problems in the future. Dust mites are so small that 4 would fit on this period. With that said, dust mites and their excrement or fecal matter can easily float around on the air currents in a room or attach themselves to your clothing and be transported to another area and start a new infestation.

They thrive in dark, humid conditions making the bed the perfect place to set up residence. Although you cannot eliminate them completely, you can drastically reduce their population and keep them under control. One dust mite lives for approximately 3-4 months and produce up to 300 eggs a month.

A quality air purifier is the best way to keep this under control.

Indoor Air Quality is one of the most complex health issues confronting every person living and working today. Recent research has found that the quality of air in our homes and offices can be up to 100 times worse than the outdoor air. If you stop to consider the amount of time spent indoors, you quickly realize just how big a threat to your health indoor air quality really is.

No matter what your relative state of wellbeing, breathing clean air is the greatest single health benefit you can afford yourself. There is nothing more important to one's wellbeing than the body's immune system.

Clean air and the body's immune system are inextricably linked. Breathing clean air affords your immune system the time it needs to rest and rejuvenate. Just as you need sleep, your immune system needs to rest in order to function properly.

In these modern times, our indoor air is more polluted than the outdoor air. And we know how increasingly dangerous that's become. Consider how much time we spend indoors. Please don't be fooled by where you are living; whether in the clear blue skies of a mountain range or an apartment in some office tower, the air inside your space is polluted. Toxic substances introduced to your environment go unseen and yet they pose the single greatest threat to your health.

If you are sleeping or working in a polluted environment, your immune system never gets a chance to rest. This causes a decrease in the efficiency or performance of your immune system. This in turn can make life pretty miserable. In certain cases, it can even be life threatening.

The scientific evidence being generated today links air pollution to conditions you may expect: allergies, chemical sensitivities, fatigue, asthma, bronchitis and the like.

Our air cleaners have been designed to help resolve our problems of indoor air pollution.

For more information on the best air purifier for your needs contact us at 1-877-523-7800 or email us at info@airfiltercanada.com