

Sleeping with the Enemy

House dust mites are tiny creatures that essentially feed off dead skin cells routinely shed from humans and their animal pets. Common lounging areas such as furniture, carpeted areas and mattresses play host to large numbers of these microscopic bugs. Skin cells and scales, commonly called dander, entice the mites to stay in these areas.

A single dust mite produces about 20 waste droppings each day, each containing a protein to which many individuals are allergic. The combination of feces and skin sheddings contribute to allergic reactions in humans.

Where do they spend their time?

Well, they spend their time in the same place you spend most of yours (about a third of your life), in your mattress. Beds are the focal stomping grounds for dust mites. Can you stomach this - a common used mattress may house anywhere from 100,000 to 10 million mites inside. That two-year old pillow that you lay your head on every night may be composed of dead mites and their droppings - comprising 10 percent of the weight of the pillow. The inside of a mattress is heaven for mites because they prefer warm, moist surroundings.

Can they hurt me?

Medical significance of house dust mites arises because their microscopic feces are a major ingredient of house dust that triggers allergic reactions in some people.

Take control by focusing your efforts to controlling dust. Reduce the concentration of dust-borne allergens in your living. Children's stuffed animals, as cute and fuzzy as they are, also harbor these microscopic creatures.

Your solution: [Norwex Mattress Spray](#); an enzyme product designed to breakdown dustmites, dustmite feces, pet and human dander. Spray your mattress and pillows every three month with Norwex Mattress Spray and dust weekly with a [Microfiber dusting mitt or Enviro Cloth](#). The combination of these two eco friendly products will protect you and your family from the effects of dust mites in your home.

Travel with your Mattress Spray, Norwex Mattress Spray will work topically on bedding and upholstery in just 30 minutes and keeps on working while you rest.