

Summary

Aller-Ease shares some startling information about what lurks beneath the sheets. For people who are allergic to indoor allergens such as dust mites, mold spores and pet dander, it's important to know that they are living in your pillow, mattress and box spring. For people who have both indoor and seasonal allergies, it is even more important to minimize the amount of indoor allergens you are exposed to.

By proactively protecting yourself against indoor allergens, you help minimize the symptoms you would ordinarily experience during seasonal allergy moments by reducing the total amount of allergens you are exposed to. Learn the tips and tools for reducing symptoms and surviving indoor allergens from Dr. Clifford Bassett.

Video



Five Secrets Your Bed Won't Tell You



Beds are a hotspot ... for allergens. Pillows and mattresses provide the perfect environment for collecting dust and dust mites, mold spores, pet dander and other microscopic allergens.



A heavy sleeper? Unprotected mattresses can double in weight every 10 years due to microscopic allergens that accumulate inside mattresses. These particles are taken into the body through respiration and can lead to increased allergy symptoms.



All bedding is not created equally when it comes to filtering allergens. It's a common misperception that using regular mattress pads will protect your bed against allergens. But they don't. In fact, they're likely to harbor even more allergens.



It's what's on the inside that counts ... 10 percent of an unprotected pillow's weight is comprised of allergen particles after two years.



You should breathe easy ... and so should your bed. Blocking allergens doesn't require blocking air.

Tell Us Your Worst Allergy Story

Aller-Ease wants to hear your "Worst Allergy Horror Story." But, more importantly, they want to help you get a more restful night's sleep. Now, through April 30, share your "Worst Allergy Horror Story" for a chance to win a complete Aller-Ease bedding makeover and get on the road to a better night's sleep.

[Click here for more info](#)

Win a Free Aller-Ease Pillow Protector

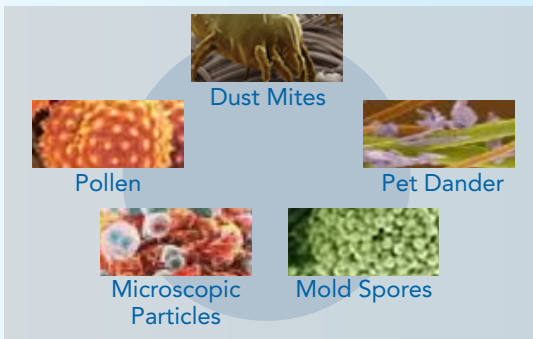
To help prepare you for the onslaught of spring allergies, Aller-Ease is giving away 50 cotton pillow protectors every day, now through April 6.

[Click here for more info](#)

Ten Tips to Help Minimize Indoor Allergy Symptoms

[Click here](#)

Five Most Common Allergens



Product Gallery



Press Material

[Press Release](#)

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