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Protect-A-Bed® offers Mattress Protection for Better Sleep
Bedding protection offers allergy, incontinence and bedbug management benefits

CHICAGO (May 18, 2009) – May is Better Sleep Month, and [Protect-A-Bed](#) wants to make people aware of the many health advantages of [mattress protectors](#) and encasements and pillow protectors. On the average day in 2007, the typical American age 15 and over spent 8.6 hours sleeping, according to the Bureau of Labor Statistics' American Time Use Survey. With people spending one-third of their day in bed, creating a healthy sleep zone is essential.

"People are starting to understand that sleep hygiene is important to one's overall health," said James Bell, Protect-A-Bed's CEO. "Mattress and pillow protection products are an important part of creating a healthy sleep environment."

In particular, protecting or encasing a mattress offers health benefits for those who suffer from allergies, incontinence or a bed bug infestation.

Allergy Fighter

Research shows that 10 percent of the general public and as much as 90 percent of people with allergic asthma (depending on the study you read) have an allergy to dust mites. And, one of the primary places dust mites accumulate is in a mattress. In fact, as many as 2 million dust mites can thrive in an unprotected mattress.

Besides dust mites, it's not unusual for other allergy triggers like pollen and pet dander to become trapped within a mattress. By using a mattress protector or mattress encasement, allergy sufferers can create an impermeable barrier between themselves and the allergens within their bed. By coupling mattress protection with [pillow protectors](#) that seal allergens within pillows, people can create a virtually allergy-free sleep space.

"We're finding many doctors are recommending allergy sufferers encase their mattresses as a key tool in managing allergies," Bell said.

Accident Protection

Millions of people of all ages and backgrounds are affected by incontinence and bedwetting. Some studies show that as many as one in 13 adults are incontinent, and one in five children will wet their bed. Mattress protectors like those offered by Protect-A-Bed can offer additional security in the case of an accident.

“Unlike the plastic bed sheets of the past, today’s mattress protection products are both waterproof and breathable, providing a sanitary and protected, yet cool and comfortable sleep space,” Bell said. “And, they’re discreet, allowing adults and children alike to live without the embarrassment that comes with nighttime incontinence and bedwetting.”

Bed Bug Prevention

Bed bug infestations in the United States have increased by 71 percent since 2001, according to the National Pest Management Association. And, bed bugs don’t discriminate based on location or socio-economic status. Infestations have been reported in large urban areas and small rural towns.

To help prevent bed bugs from infesting and ruining a mattress, it’s a good idea for all people, especially those who travel regularly, to invest in mattress and box spring encasements. Encasements are different than mattress protectors, in that they fully surround the mattress and include a zipper and seal. An encasement protects new and old bedding and aids in the early detection of bed bugs. And, should bed bugs be detected, encasements will assist in managing the infestation. And they do this all while offering the allergy and incontinence benefits mentioned above.

Bed bug proof encasements make the tell tale signs of bed bugs – fecal spotting and blood spots – readily identifiable. The signs appear easily on the white fabric of the encasement, which allows individuals to easily spot them and quickly alert a pest control professional.

“By identifying the signs of bed bug activity as soon as possible, it allows the infestation to be addressed and eliminated in a timely manner, before it gets out of hand,” Bell said.

Also, many encasements that claim to be bed bug proof are available in the marketplace, so it’s important to investigate whether or not the encasement has been scientifically tested to be effective against bed bugs.

“Protect-A-Bed was the first company to identify the need for bed bug proof mattress and box spring encasements, and was the first company to have its products verified by an independent laboratory to be bedbug proof,” Bell said.

In order for an encasement to be effective and considered bedbug proof, it must be both bite-proof (meaning that the bugs cannot feed through the material) and entry and escape-proof (meaning that the bugs cannot get in or out of the encasement after it has been installed). Unless the encasements have been specifically designed for bed bugs, it is very unlikely that they will work effectively.

With all of the health benefits mattress protectors and mattress encasements offers, deciding to make a bed a more sanitary place to spend one-third of life seems like it should be an easy decision – especially during Better Sleep Month. For people that suffer from allergies, incontinence or want to be prepared for a possible bed bug infestation, it's a necessity.

To learn more about Protect-A-Bed's mattress and pillow protection products, visit www.protect-a-bed.com.

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About Protect-A-Bed®

Protect-A-Bed produces mattress protectors that provide consumers with a healthy and comfortable sleep environment. The product was developed in South Africa in 1980 and Protect-A-Bed was first established in the USA in 2000, and offers bedding protectors to help create a dry, bed bug free, anti-allergy sleep zone for people of all ages. The product is now sold in 27 countries and Protect-A-Bed is the leader in mattress protection innovation. The company developed the proprietary Miracle Membrane® and patent pending Bug Lock® Secure Seal for bed bug protection. Protect-A-Bed products are listed as a Class 1 Medical Device with the Food and Drug Administration and have received the Good Housekeeping Seal. For more information, visit www.protectabed.com.