

ALLERGIC TO THE BEDROOM

Submitted by: Allergy UK

Monday, 12 November 2012

According to national charity Allergy UK (<http://www.allergyuk.org>) the bedroom is the most allergic room in the house.

77% of those with an indoor allergy suffer in the bedroom, but 41% recognise their symptoms are actually made worse by that room.

An indoor allergy is a reaction to house dust mites, mould or pets. Of those that are most affected by the bedroom, 92% are reacting to house dust mites, the most common trigger of indoor allergies.

This comes as no surprise when you realise you never sleep alone.... the average person shares a bed with over two million house dust mites.

With the research from Allergy UK (<http://www.allergyuk.org>) revealing that people are spending on average 52½ hours in the bedroom per week, the nation is literally sleeping with the enemy.

Lindsey McManus, Deputy CEO, Allergy UK (<http://www.allergyuk.org>) says: "House dust mites, like us, need food water and warmth. While we sleep, these microscopic creatures absorb moisture from our breath and sweat, feed on our dead skin and thrive in our warm beds."

In the autumn and winter months, millions of people start snivelling and sneezing. Yet 72% of those questioned said they have cold-like symptoms throughout the year, which, may be indicative of an indoor allergy and perennial allergic rhinitis.

House dust mites are regularly undetected; they live in soft furnishings and are often the cause of severe and persistent allergic symptoms all year round.

They are the major trigger of indoor allergies, followed by pet dander and mould. And when it comes to pets, 71% of cat owners and 47% dog owners allow their pets to go anywhere in the home, meaning allergens are everywhere.

As well as causing standalone allergies, pet dander and mould also provide additional food for house dust mites.

Allergy UK (<http://www.allergyuk.org>) is issuing an Indoor Allergy SOS this winter to combat common symptoms.

The charity wants to help the nation better manage the triggers associated with house dust mite, mould and pet allergies.

Indoor Allergy Week runs from 12th – 18th November 2012 and is designed to raise awareness of the impact of allergic reactions to house dust mites, mould and pets.

The charity is stressing the importance of knowing what you are allergic to before you start any allergen avoidance programme. The advice for those who are suffering from persistent allergic symptoms is to visit your GP who will be able to refer you for appropriate diagnosis.

Allergy UK (<http://www.allergyuk.org>) will be providing help and support throughout the week for the millions of sufferers in the UK.

For those suffering from an indoor allergy, follow the tips below to lessen your reaction and help rid your bedroom of allergens this winter:

- House dust mites can't stand light, so throw your covers and duvets back every morning
- Keep the room well ventilated and have the window slightly open, ensure window frames are free from mould
- Choose an anti-allergy mattress and bedding or enclose the mattress, duvet and pillows with allergy barrier covers which prevent the escape of the house dust mite allergen
- 83% indoor allergy sufferers have curtains in their bedroom, which house dust mites love. Replace curtains with roller blinds, or wash curtains each month at temperature of 60 degrees or above
- Carpet harbours house dust mites, which 73% of indoor allergy sufferers have in their bedroom. Instead choose an Allergy UK approved flooring. If you need to keep your carpet, use a vacuum cleaner with HEPA filtration and vacuum daily
- Keep all children's toys in a toy chest or cupboard and wash soft toys at 60 degrees, or put in the freezer overnight to destroy the allergen and then washed at a the recommended temperature
- Using an air purifier in the bedroom can help to trap allergens.

Allergy UK (<http://www.allergyuk.org>) is the leading national medical charity providing advice, information and support to people with allergies and food intolerance.

Allergy UK (<http://www.allergyuk.org>) makes a difference through a dedicated helpline and network for sufferers. The charity provides invaluable information and guidance to empower sufferers so that they can manage their symptoms and receive appropriate diagnosis and treatment.

There are allergens in every room in the house, read more about how to prevent allergens around the home: <http://www.allergyuk.org/allergies-in-the-home/allergies-in-the-home>. For more information call Allergy UK on 01322 619 898.

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Indoor Allergy Week is supported by:

Filtrete Air Purifiers
Forbo Flooring
Sealy Smart Fibres

Press enquiries, case studies and further information:

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Notes to editors:

Allergy UK is the operational name of the British Allergy Foundation; the leading national medical charity providing advice, information and support to people with allergies and food intolerance. Allergy UK acts as the 'voice' of allergy sufferers, representing the views and needs of those affected by this multi organ disease.

Allergy UK makes a difference by:

- Promoting wellbeing for people with allergy and food intolerance by providing information and support through our dedicated helpline
- Empowering people with allergy and food intolerance to manage their symptoms
- Enabling people with allergy and food intolerance to receive appropriate diagnosis and treatment through education of healthcare professionals and the provision of dedicated services
- Educating corporate bodies in the need for products suitable for allergy and food intolerance sufferers
- Conducting ongoing medical and social research into the causes and impact of allergy and food intolerance, and producing reports enabling us to lobby for better allergy services for sufferers.

Research conducted by Allergy UK, October 2012. Base sample: 1050, primarily allergy sufferers