

Bedroom Essentials to Wash More Often



It's time to wash your pillows, mattress pads & comforter



When was the last time you washed them?

Studies show that washing sheets weekly can lead to better sleep – and we all know there's nothing better than crawling into

bed with clean ones. But what about clean pillows, mattress pads, blankets & comforters – when was the last time you washed them?

Just a few tips before you get to washing:

- Feather or polyester - filled bed towels & mattress pads can be tossed in the washing machines – foam ones cannot.
- Make sure to give pillows, pads & comforters room to move, and don't overfill the washer.
- Follow instructions on tags for heat or air drying.