

# Your Pillow Has More Germs than the Average Toilet Seat

## WHY YOU NEED TO CHANGE YOUR PILLOWS

### PILLOWS CONTAIN MORE HARMFUL GERMS THAN OUR SHEETS

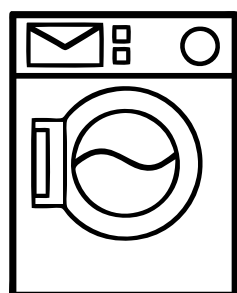
According to a study done by Amerisleep.com, "pillow cases washed a week ago have over 17 thousand times the number of bacteria as a toilet seat!"

We shed, on average, 8 pounds of skin every year. A good amount of that makes it's way into our pillows.



#### 1/3 OF YOUR PILLOW'S WEIGHT

can contain bugs, dead skin, dust mites & their faeces. Bacteria feast and multiply on these and some are never washed out of your pillow.



#### WASH YOUR PILLOW FREQUENTLY

- every two months, delicate cycle
- 2 pillows balance out the washer
- water at 60C to eliminate mites
- little detergent, rinse twice
- hang in sun when possible

The average person sweats up to a litre a week. If your body temp runs hot, you can only imagine what soaks into your pillow at night!



#### IS IT TIME TO REPLACE YOUR PILLOW

Fold your pillow in half and place a book on top. If your pillow unfolds and fluffs back to shape, it's still sleep worthy!

#### WANT TO KNOW MORE?

Explore our blog 'The Sleeper's Corner' to learn how you can get the most out of your pillow & more!