



## Mattresses and allergies

Allergies are now becoming more widespread in Italy. There are two main allergies related to the home environment and particularly mattresses. First, dust mite allergy (or simply "dust allergy"). Dust mites are minute arthropods (not visible to the naked eye) that live and breed in dust.

Their skin debris and droppings cause asthma and rhinitis in allergy sufferers. They thrive in places where dust accumulates: carpets, curtains, mats, mattresses and so on. Dust mite allergy sufferers should choose mattresses and pillows made of 100% latex or polyurethane foam without stuffing and with removable covers, which must be washed frequently.

It should be stressed, however, that all mattress types are hypoallergenic, if made out of special materials and with appropriate covers. It is important for the whole home environment to be kept under hygienic scrutiny (eliminate carpets, curtains, bookshelves; keep humidity to a minimum and air regularly; keep pets at bay; clean bedrooms carefully, wash bed linen frequently and so on).



Another allergy that is wrongly associated with mattresses is latex allergy, or rather, allergy to the proteins that may be present in natural latex. This is a very rare allergic form, which only occurs when the sufferer comes into direct contact (especially when using gloves, teats, catheters...) with the protein.

There have been no cases worldwide of allergy to latex mattresses.

This is because latex mattresses are always covered in fabrics and layers of natural materials, which eliminate the possibility of direct contact with the skin.

Moreover, latex mattresses that are produced by reputable and certified companies are made using manufacturing processes (vulcanisation at 100°C, copious washing, extraction of soluble components, drying at 120°C) that eliminate all traces of protein that may have been present in the natural latex.

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