

DUST AVOIDANCE MEASURES IN THE BEDROOM

1. Dust everywhere twice weekly with a damp duster.
2. Hoover the whole room (including the curtains, the mattress and under the bed) twice weekly.
3. Avoid storing dust-collecting objects in the bedroom (e.g. stuffed toys, old books, etc.)
4. Use a foam pillow.
5. Use non-woollen blankets or an artificial fibre continental quilt (not an eiderdown).

Ref: Dermatology papers Dust avoidance measures in the bedroom