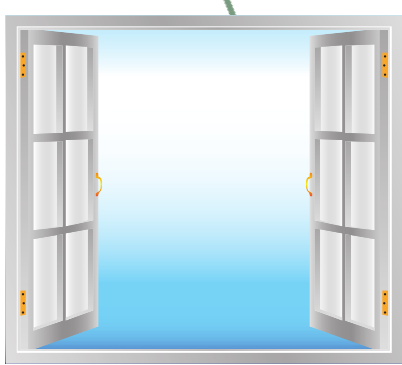


8 Tips for Surviving Seasonal Allergies & Sleep Disorders

Use an Air Purifier

Air purifiers can help improve sleep for people with and without allergies. They help clear your bedroom air of common household allergens like mold, dust mites, pet dander, and even pollen brought in from outside.

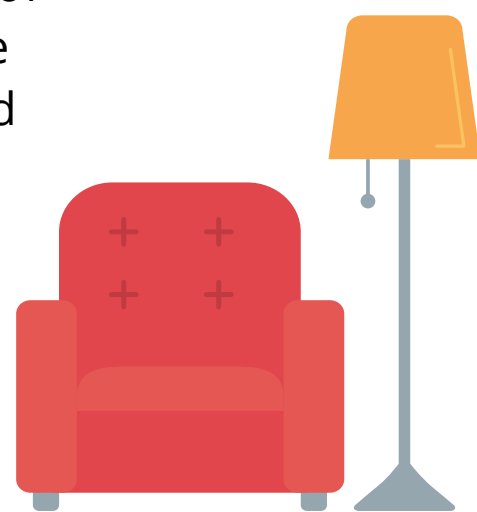
Close Your Doors and Windows



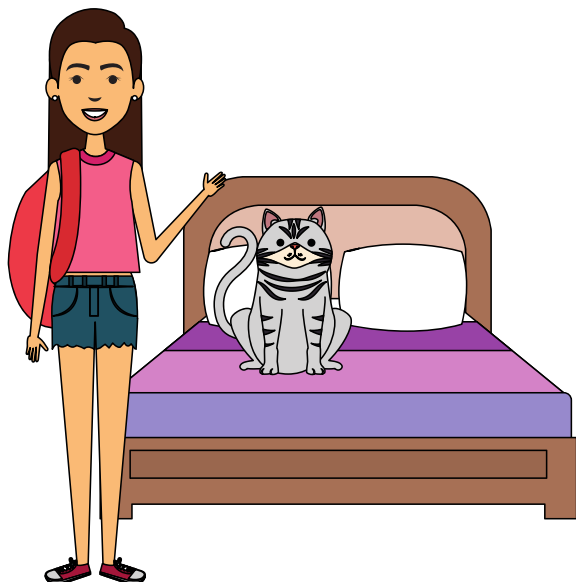
While the Spring air might feel great, it would be best if you leave your windows closed during the day. Open windows invite allergens into your home. Closed windows and doors, on the other hand, can do a lot to keep allergens outside and away from your bedroom.

Keep Your Furniture as Dust Free as Possible

Most people are surprised by the amount of dust collected in nooks and crannies in the room. Avoid heavy drapes and upholstered furniture in your bedroom. Avoid floor-to-floor carpet, if possible. Use tightly-woven fabric for your sheets and pillowcase to prevent the trapping of dust. Avoid “dust collectors”, such as stuffed animals, fake flowers, and old books in the bedroom.



Keep Pets Out of the Bedroom



Pet hair and dander are two common allergens that impact sleep, so sleeping in a separate room from your pet may help relieve your allergies at night. Give them a comfy bed outside your bedroom and pet them goodnight. Just make sure to wash your hands afterward!

Change Up Your Laundry Routine

After spending time outside, especially during high pollen count days, take your clothes off when you come inside the house and put them directly in the laundry room. Never hang your clothes outside to dry. Use a dryer instead, if possible.



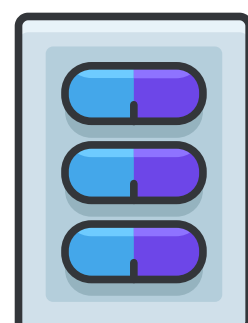
Shower Before Bed



Showering before bed helps wash the pollen away. Make showers a part of your bedtime routine, and you'll always be clean before bed.

Take Allergy Medications at Night

If you currently take your allergy medication in the morning, consider changing it to nighttime. Consult your doctor first, though. This ensures the dose of medication is still strong in your system when you go to bed, instead of wearing off in the middle of the night.



Talk to Your Sleep Coach or Specialist About a New Mask and Filters



If your allergies are interfering with your sleep apnea therapy, we encourage you to talk to your doctor or sleep therapist about possible solutions, such as switching to a different CPAP mask, or a different type of PAP therapy machine. Also, change your filters as often as required by your CPAP machine's guide.

For more information about sleep health, or to schedule an appointment, visit:

sleepcenterinfo.com