



Making Your Bedroom Asthma-Friendly

Did you know that approximately 20 million Americans have asthma?

It is important for people with asthma to control asthma triggers where they sleep. Dust mites, pets, smoke, and indoor molds are just a few triggers. Luckily, their effects can be managed with the following tips:

- **Control humidity.** Dust mites and mold thrive in higher humidity. Use air conditioning or a dehumidifier to keep levels low.
- **Monitor indoor air.** Some people with asthma don't handle drastic temperature changes well, so don't use too much heat or air conditioning. Don't let anyone smoke indoors and do not allow pets in the bedroom. You may also want to ask your doctor about air-cleaning devices that reduce indoor pollutants.
- **Clean properly.** Wash pillows weekly, making sure to dry them thoroughly. Replace them yearly. Wash bedding weekly in water that is at least 130° F. Check plants regularly for mold.
- **Be proactive.** Put mattresses, box springs, and pillows in allergy-proof covers. If you have carpeting in the bedroom, think about getting rid of it. Hang washable window coverings.



If you're not sure about asthma triggers, talk to your doctor. He or she may suggest keeping an asthma diary or having an allergy skin test.

Source: CVS/Caremark

For more information regarding the TeamHealth Wellness Program, go to the Wellness Website (teamhealth.com/wellness).

Contact wellness@teamhealth.com with any questions you may have.