



**Important information for sufferers of House Dust Mite Allergies:** The NOMITE mark is confirmation that you have made a good choice in selecting Down and Feather-filled bedding products, as they provide excellent thermal and moisture handling properties (rapid warming whilst sleeping and a rapid decrease in the bed's humidity when the room is aired). These attributes produce an unfavourable habitat for the House Dust Mite, which requires a high humidity to thrive. Additional protection is provided by the tightly woven, downproof fabric, which also acts as a barrier to the Mites.

Consequently, people who suffer from allergies to House Dust Mites or Asthma are able to fully enjoy the natural comfort of down and feather bedding. Research supporting these claims includes:

„Glucan Levels and Its Determinants in New Zealand Bedrooms“

Heyes J., et al.,  $\beta$ -(1,3), Journal of Asthma, 46:1, 64-66

„Feather bedding and allergic disease in children: a cover story?“

Siebers R., Fitzharris P., Crane J., Clin. Exp. Allergy 2002; 32:1119-1123

„Gutachten zur Einschätzung der Relevanz der Bettfedern- (Keratin) Allergie“ (Expert assessment of the relevance of keratin allergy), Prof. Dr. med. Hoffmann, Former Head of the Paediatric Institute of the University Hospital of Frankfurt am Main, Germany

„House dust mite allergen in pillows“, Expert opinion by Asthma Research Group, Wellington School of Medicine, New Zealand

„Ökologische Untersuchungen zur Hausstaubmilbenallergie“ (Ecological studies of allergy to house dust mites), Prof. Dr. Dr. Hans W. Jürgens, Anthropological Institute of the University of Kiel, Germany

The scientific knowledge was also published in PAS 1008, edited by the German Institute for Standardization (DIN-Deutsches Institut für Normung).

## Recommendations

For persons allergic to house dust mites or with an increased likelihood of allergic response:

- Air your bedding and bedroom regularly and extensively to reduce humidity in the bedroom and the bedding and create a poor habitat for the house dust mite.
- Clean and or wash bedding following the care instructions.
- Replace bedding which has lost its bulkiness after many years of use.

