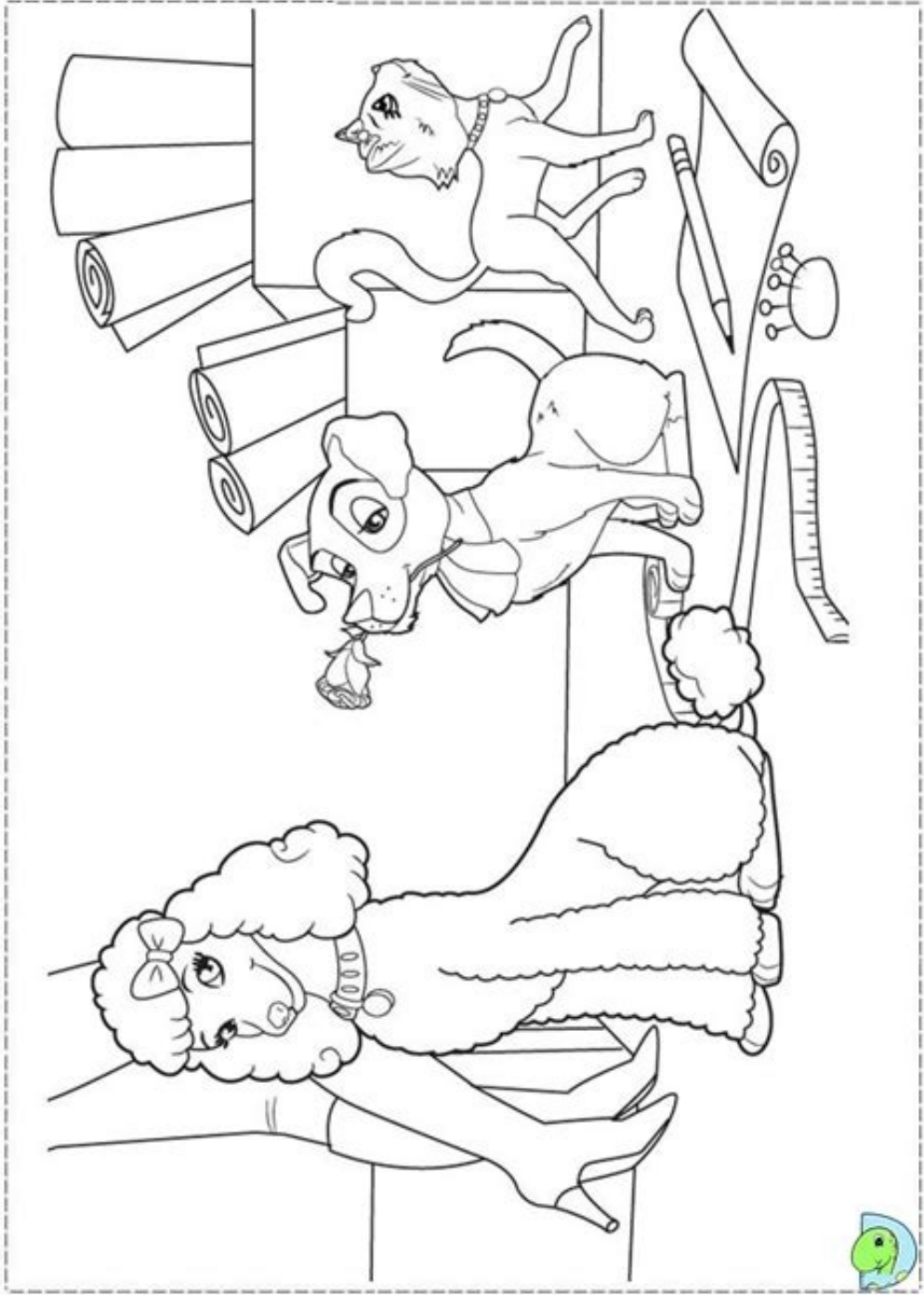


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It's always best to hand wash quilts that are old and fragile. Your comforters or bedspreads may require special care that your regular washing machine isn't able to provide as well. You should air out your pillows frequently by hanging them on a clothesline — or, if you don't have a clothesline, leave them near an open window. Yes, the actual pillow, not just the case. The best way to keep them under control? Fun fact: The best way to prevent your sheets from stretching out is to ball them up when you put them in the washer. Try vacuuming your blankets. Our Cleaning Expert Weighs In" via Good Housekeeping MORE FROM SYMPTOMFIND.COM Ideally, you should be washing them every week. You should always test the comforter for colorfastness first by dipping a corner into a bit of the detergent. If possible, let the washed bedspread air dry on a clothesline. If you don't, you might develop allergies or inadvertently weaken your immune system. We're taking a look at some tips and tricks — and delving into why stretching a set of sheets for that 24-day duration isn't a very healthy idea. Here's the thing: If you're only washing your bed sheets once a month, you're not doing it enough. Maybe this is the time to invest in a new one. What Lives in Your Sheets? By now, you've probably checked your sheets to see if anything's there. If you don't see anything, you shouldn't feel relief. When using a dryer, try a medium or low setting since high heat might damage the fibers. But that doesn't change the fact that unwashed bed sheets are a paradise for microscopic dust mites and other allergens. To avoid further damage, mend any rips and tears before washing your blanket. So, how frequently should you wash your bedding? Make sure you don't wash them with clothes as this may cause damage or lead to pilling. Probably not. Luckily, there are plenty of ways you can clean each piece of bedding to keep things fresh, clean and dust mite-free. Wash your sheets regularly in hot water. Photo Courtesy: Stephen Simpson/DigitalVision/Getty Images Are you washing your bed sheets as often as experts recommend? Pillowcases: Pillowcases should be machine-washed in cold water and dried on a cool setting. Remember: It's always important to follow the manufacturer-provided instructions, but these tips might help take things to the next level. (Or, at a minimum, every other week.) If you're sick or taking care of someone who's not feeling well, washing the bed sheets daily is an important step when it comes to getting better. If you've decided to wash your comforter at home, you should do so in cold water and on low heat. According to recent findings, the average person changes their sheets every 24 days or so — or, roughly, every three weeks. For those of us who enjoy a midnight snack, there might even be some crumbs dotting the bed sheets. A Guide to Washing Your Bed Sheets Already planning your next washing? To make things worse, these cells actually attract dust mites. Dead skin cells are an unavoidable contaminant since our bodies shed a million skin cells every single day. Add a quarter of a cup of lemon juice before washing with warm water. The thing is, you won't be able to find anything without the help of a microscope, which can magnify all those small, white spider-like creatures that call your bedding home. Photo Courtesy: Deep Look/YouTube Of course, dust mites aren't the only things residing in your sheets. Additionally, most sheets are dirtied by natural oils that your body produces and, of course, sweat. Haven't washed your pillow in years? Maybe that seems acceptable to you, and, clearly, you wouldn't be alone. Comforters & Bedspreads: Comforter washing is a bit complicated. Never wash silk or velvet quilts. Remember to fluff your pillows daily to get rid of dust and dead skin cells. Consider cleaning them in a commercial washer and dryer instead. Known as dust mites, these pests are invisible to the naked eye, but they're around. Generally, your wool blankets should only be washed in cold water and put on a low spin setting once in the dryer. Need to brighten up white sheets? Never wash your electric blankets or weighted blankets in a machine — for obvious reasons. Resource Links: "You may not believe how long people wait to change their sheets" via MediaFeed.org "How Often Should You Really Wash Your Sheets? Photo Courtesy: Gary John Norman/Image Bank/Getty Images Bedsheets: If hand-washing, your bed sheets should be washed in hot, soapy water. If you spot a stain, try to take care of it before the washing process begins. If the color bleeds, have it dry-cleaned instead. Don't forget to wash the sheets in warm water and dry on a high setting to kill any potential bacteria. Don't have time for a proper wash? Blankets: Depending on your blanket fabric, you may need to pay attention to the instructions provided by the manufacturer. Quilts: Quilts are just as delicate as comforters and should be washed in the same way. You may not want to think about it, but pillows can host mold, yeast, and bacteria, which, in turn, can cause conditions like asthma. Photo Courtesy: Louise Beaumont/Moment/Getty Images And don't forget about your pillow.

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