

Healthy Sleep Starts With a Healthy Bedroom

...But where do you start?

For good airflow, ventilate stuffy rooms with a fan. Is your bed a bit clammy? Fold blankets over the foot of the bed and open curtains so the sun can shine on it. This helps kill bacteria and evaporate moisture.

Try a natural overlay made of moisture-wicking material. Wool is excellent at keeping you dry and at a consistent temperature.

Removing dust from your sleeping area is key if you sleep on polyurethane foam (most commercial mattresses contain this). A dusting cloth dampened with water and white vinegar helps keep moulds, mildew, and fungus from taking up residence in your bedroom.

Keep bed linens clean. Protect

pillows and duvets with machine-washable covers, washing regularly with fragrance-free, natural detergents. Avoid fabric softeners - they're highly concentrated with chemicals like formaldehyde. Line-drying linens also exposes them to the sun's cleansing benefits.

A supportive pillow helps restless sleepers too...especially one without flame-retardant chemicals and synthetic materials. A natural pillow that won't off-gas does wonders for respiratory health.

Parents can give babies a good start with natural alternatives like or-

ganic crib mattresses (never put baby on a hand-me-down polyurethane mattress, as heat and moisture will break it down quickly). Make sure baby sleeps on her back, maintain good airflow, and keep linens and surfaces dust-free. Off-gassing from beds and bedding that contain polyurethane foam and flame retardants has been linked to ailments ranging from asthma to learning disabilities. The good news: there are natural alternatives! Wool and natural latex beds are increasingly popular, and other natural materials like cotton have made a comeback in futons.

Explore the best of natural bedding at www.sleepysheep.ca.



SEE COUPON PAGE 229

■ Choose natural bed linens made from wool.