

# How Organic Bamboo Bedding Reduces Allergies

Allergies make you feel like you're lumbering through life, grateful for just making it through the day. Most of us just accept allergies and try to deal with them as best we can. However, there are some ways that you can reduce your allergies. One way is to switch to organic bamboo bedding.

While switching your bedding may not be your first thought when trying to reduce your allergies, it is a surprisingly effective method. Many of us don't realize how much traditional cotton bedding actually irritates our allergies and disrupts our sleep, causing us to wake up already tired and drained.

Below are a few ways that organic bamboo sheets and an organic bamboo comforter eliminate many of the allergies caused by traditional cotton bedding.

## Hypoallergenic

The primary reason why organic bamboo bedding reduces allergies is because it is hypoallergenic. While many people suffer from allergic reactions to cotton, very few people are allergic to bamboo. In fact, organic bamboo bed sheets have been known to help relieve many skin allergies, such as eczema.

## Fewer Dust Mites

The second reason why organic bamboo helps to relieve allergies is because it makes your bed less hospitable to dust mites. Dust mites are often the culprits of aggravating respiratory allergies, such as asthma.

How exactly does organic bamboo bedding make your bed less hospitable to these tiny culprits? Well, dust mites love warm, moist environments and organic bamboo sheets reduce the moisture in your bed. Organic bamboo bedding is able to do this because it wicks water away twice as fast as cotton, reducing the moisture by 50%. Less moisture means fewer dust mites and fewer dust mites means your allergies won't act up as much.

## **Antibacterial**

Just like dust mites, bacteria love warm, moist environments. Another byproduct of reducing moisture with organic bamboo bedding is that there is less bacterial growth in your bed. In order to grow and thrive, bacteria need water and without this moisture, their growth is inhibited. Bacteria can exacerbate any allergic reactions you're having, such as worsening your eczema. Inhibiting bacterial growth will prevent any allergies you have from getting worse.

## **No Harsh Chemical or Dyes**

Bacteria aren't the only things that can aggravate an allergic reaction; harsh chemicals and dyes can as well. Even after washing your traditional cotton bedding, the residue of the harsh chemicals and dyes remains. Breathing in and being in constant contact with these chemicals isn't healthy and can provoke respiratory and skin allergic reactions.

However, organic bamboo sheets are never treated with harsh chemicals and dyes. Since organic bamboo bedding is never treated with chemicals, you don't have to worry about these chemicals finding their way into your bed. You can breathe and sleep easier knowing your bed doesn't have any chemicals or dyes to irritate your skin or aggravate your respiratory allergies.

In conclusion, organic bamboo bedding reduces your allergies because it is hypoallergenic, is less hospitable to dust mites and bacteria, and isn't treated with harsh chemicals or dyes. However, reducing your allergies isn't the only benefit of organic bamboo bedding.