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Whole-house Solutions to a Clean Sleep Environment



As a parent, you do everything you can to keep your child safe and happy, and when your child has asthma, the responsibilities of parenting come with an extra set of curveballs. Your child's asthma triggers are likely familiar to you, as are the methods of preventing them in your home. These methods, such as hypoallergenic sheets, air purifiers, and even emergency inhalers, are excellent as components of a whole-house solution to reducing exposure to asthma triggers. However, some of these methods are merely topical, simply treating asthma triggers at the surface level. They do nothing to prevent the build-up of triggers inside your child's bedding. That's why at Spry, our goal is to eliminate the build-up of harmful triggers from the inside-out. Meet our Spry Pure pillow, and make it a key component of a whole-house solution to creating a clean sleep environment for your kids.

The Issue with Standard Pillows

Did you know that standard pillows, after one year of use, are *heavier*? That extra weight is due to human waste buildup, along with the usual pollen, dust, and mold. Even if you think you have most of the right components for a whole-house solution, there are plenty of other ways that asthma triggers can enter your pillows. Because of the porous nature of standard bedding, it's easy for these triggers to settle in and persist, despite your best efforts. Though they appear small to us, the seams and minute openings in our bedding provide an open doorway to common asthma triggers. To make matters worse, these triggers build up over time, even if you are vigilant about a clean environment.

Every time your child rests his or her head on their pillow, these triggers are re-suspended in the air, increasing their chance of an asthma attack.

The Spry Pure Difference

So, what's the solution? It starts at the source: the bedding. At Spry, our mission is to raise standards of the quality of standard whole-house solutions for all kids with asthma. The state-of-the-art Spry Pure pillow features PneumaPure filtration technology, which offers 100% protection from asthma-triggering bacteria, mold, viruses, and dust. Made from our Pureshield fabric, the pillow is waterproof, yet totally breathable, and requires no laundering. Our Safeweld seams eliminate the need for stitches and seams, creating an airtight barrier. All of this together creates the perfect pillow that allows only clean air to pass through. Other hypoallergenic pillows have a barrier pore size of about 4-6 microns. The standard dust mite allergen is about 2 microns, with the average bacteria coming in at about 0.8 microns. That means those asthma triggers are coming right through that "hypoallergenic" barrier. Our Spry Pure pillows block all of these triggers from getting into the interior, no matter how small. This means your child sleeps on *pure, clean air*.

What Else Can We Do?

In addition to improving your bedding, there are plenty of other helpful steps you can take toward ensuring your child's sleep environment is clean and trigger-free. Keeping pets out of the bedroom, reducing clutter (which can accumulate and trap dust), washing the bedding frequently, and using hypo-allergenic and fragrance-free cleaning products are all small steps you can take that make a big difference. Treating your child's asthma requires a multi-step approach, so take the first step with the Spry Pure pillow. Because if your child breathes easier, you'll breathe easier. Check out Spry Pure pillow at sprytherapeutics.com.