

Fluff Your Pillows

Fluffing your pillows every day or almost every day will make your pillows last longer and look better. All pillows should be fluffed

Grab the end of each pillow in each hand. Push the ends of the **pillow** in-and-out. You can then reshape the pillow with your hands to sit correctly on the bed or to fit into the pillowcase. Fluffed up pillows improve the overall look of your bedroom. They will also be more comfortable and help you to sleep better.

The Pillow Protector

Pillow protectors help promote healthy sleep and contribute to a healthy sleeping environment in several ways. Moisture in your bedding can quickly lead to mold and mildew. A protector also stops dust mites and can also help prevent the spread of bed bugs.

If you are buying a ready-made pillowcase. Pillowcase measuring 1/2 to 1 inch longer than the pillow length and 2 1/2 to 4 inches wider than the pillow width.

How To Treat Your Pillows

Machine wash on a quick-wash cycle for 10 minutes.

Air dry for about 10-15 hours.

Place in the dryer for air fluff for 1-2 hours.

Air dry some more. For down comforters, use duvet covers to add style and prevent soiling. A good weekly shake is all it takes to rejuvenate your comforter. For more intensive cleaning, use your local dry cleaners.