

## **How Often Should You Change Bed Sheets in Spring and Summer**



### ***Prevent things from getting messy between the sheets during warm weather***

*Spring and summer time is synonymous with being out there and having a blast! The warm weather brings with it a slew of outdoor activities. Added outdoor activities mean more sweat, more grime and more dirt on the body.*

*With cosy and bright days outside, mundane chores like cleaning and washing bed sheets is the last thing playing on your mind. But then, did you know that the skin cells that a human sheds in a day can feed 1 million dust mites? Phew!! An average human sheds close to three-eighths of a teaspoon full of dead skin. A large number of these dead cells land up every time your skin comes in contact with the sheets in your bed. Apart from this, our body sweats close to 200 ml of sweat each night! Sleeping with your partner? Then double these figures. All the dead skin cells, sweat and oil (thanks to the rising mercury) make your bed a thriving ground for bacteria, and dust mites.*

*After reading this, does your seemingly clean bedding look as inviting as it does now? We'd dare say no. Even if you're not an outdoorsy person and prefer to binge watch Netflix curled up on your bed, it still doesn't reduce the menace of dead skin cells, dust mites and bacteria from being on the bed.*

## **Keep Your Sheets Clean For Glowing Skin & Better Health**

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*The busting of the myth 'My bed is clean' leads to the realization of how crucial maintaining good hygiene of your bed linen is. Clean bed linen always helps you stay healthy by keeping skin rashes and diseases, itchy eyes away as well as staving off asthma flare-ups, and seasonal allergies. If you want a glowing skin that's free from acne, spots and other skin issues related to bacteria, you must keep your sheets washed, clean and dry.*

*In addition to regular washing of the [Bed Sheets](#), try not to give in to the urge of making your bed every morning. Keeping your bed unmade gives your sweaty sheets some time to dry up. Remember, moisture aids the growth of bacteria and dust mites. Not making your bed the instant you are out of it lets the body odour go away too.*

### **Ways To Clean & Maintain Bed Linen**

*Taking care of your [Best Bed Sheets](#), duvet covers, pillow cases and other bed linen during summer and spring is quite simple and effective if done the right way. Read on to know more.*

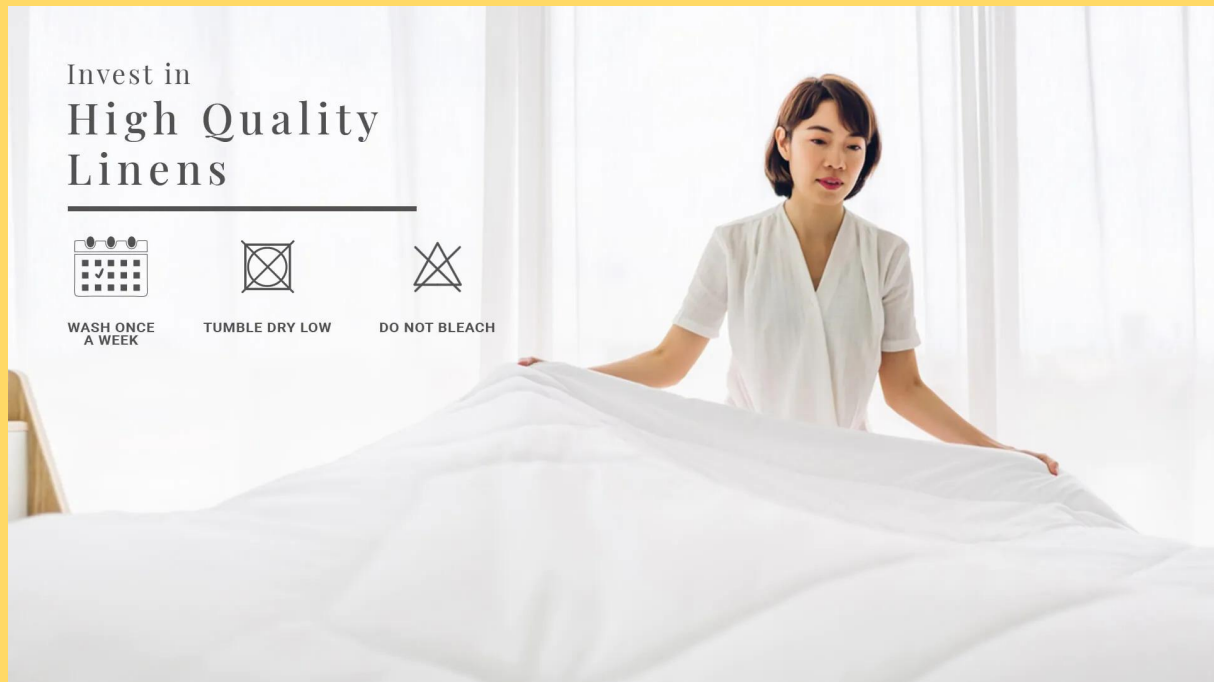
### **How Many Times Is Washing Sheets Recommended?**

*Washing the bed sheets at least once a week does the trick in keeping them clean. If you let your furry friends share the bed with you, then washing the sheets every three or four days is ideal.*

## **Wash In Optimum Temperature**

*Most of us think that a normal weekly wash for the bed sheets is good enough. Wrong. To effectively remove the dirt, grime along with the other unwanted elements, we recommend washing your bed linens at 140° F or 60° C as it is ideal for optimal softness and life. Washing at these temperatures kills dust-mites and other bacteria from your bed linen.*

## **Ways To Increase Life Of Your Bed Linen**



*Frequent washing may lead to faded sheets. You can reduce wear and tear by rotating your sheets for a fresh set every week. At Pizuna Linens, we use premium, revolutionary colorfast dyes that are engineered for reduced fading even after prolonged use and wash. If you have colored sheets, then you can use color safe bleach. For whites, you can use any bleach. For darker sheets, use cool water for washing and rinsing as this will keep the color intact. Another washing hack is always adding the detergent and softener to the water and not directly onto the bed linens.*

*If using a top loader washing machine, wait for the detergent to get fully diluted in the water before putting sheets in the machine. The fabric can get stained due to undiluted detergents. Don't over pack your washing machine – keep some space for the water to rinse the sheets well during the wash.*

*Don't overload the dryer and never tumble dry on a hot setting. Allow enough space in the dryer for the sheeting to circulate.*

*Once the sheets, covers, pillowcases and other bed linen have been washed clean, the next step is to iron them after every wash. This takes away the wrinkles and adds a crisp look.*

## What Type Of Bed Sheets Is Ideal During Spring & Summer?



Always go for 100% [Cotton Bed Sheets](#) as they are skin friendly and natural. Use pure cotton sheets from Pizuna Linens for sleeping in the heat. Our 400 thread count and 600 thread count bed sheets are made using Fine Yarn Technique resulting in thinner long staple cotton yarn that is soft, subtle, long lasting, sweat wicking and temperature balancing. Follow these simple set of laundry tips and keep your cotton bed linen looking clean, vibrant and fresh all through the summer and spring season.