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DOES VACUUMING OR A PLACEBO MATTRESS-COVER EFFECT THE DER-P-1 LEVEL IN MATTRESSES?


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Introduction: The question of this study is whether in house factors significantly affect the level of Der p 1 in mattresses. Mattress Der p 1 levels were significantly correlated with the age of the house (r=0.53, p<0.001), and Der p 1 levels were significantly lower in houses built post 1970 (mean 6.70 v 17.22 µg/g, p<0.0001). Mattress Der p 1 levels were unaffected by frequency or type of cleaning of mattress or linen. Mean mattress Der p 1 levels were significantly lower if the occupants always sleep with the window open (9.54 v 15.05 µg/g, p<0.0001). The simplest stratagem to decrease mattress Der p 1 levels is to sleep with the bedroom window open all year round.

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RESULTS

Methods: Dust samples were taken from 82 uncovered mattresses, using a vacuum-cleaner or placebo mattress-covers used in the control group have a decreasing effect on the mean der p 1 levels. Mattress Der p 1 levels were significantly correlated with the age of the house (r=0.286, p<0.0001), but were unaffected by frequency or type of cleaning of mattress or linen. Mean mattress Der p 1 levels were significantly lower if the occupants always sleep with the window open (9.54 v 15.05 µg/g, p<0.0001). The simplest stratagem to decrease mattress Der p 1 levels is to sleep with the bedroom window open all year round.

Conclusion: Within house factors significantly affect the level of Der p 1 in mattresses. Then dust samples were taken again. During 8 to 12 weeks 31 of them were covered with a placebo mattress-cover (Gore), which were impermeable to the house dust mite. In the control group have a decreasing effect on the mean der p 1 levels. Mattress Der p 1 levels were significantly correlated with the age of the house (r=0.286, p<0.0001), but were unaffected by frequency or type of cleaning of mattress or linen. Mean mattress Der p 1 levels were significantly lower if the occupants always sleep with the window open (9.54 v 15.05 µg/g, p<0.0001). The simplest stratagem to decrease mattress Der p 1 levels is to sleep with the bedroom window open all year round.

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