

Mattress cleaning by POTEMA® service partners

The unique POTEMA® mattress cleaning obtains the fastest and most hygienic way for a deeply and thoroughly clean mattress. The POTEMA® certified specialist will come to your home and clean your mattresses on site.

With the POTEMA® mattress cleaning system mite feces inside the mattress are pulverized and dissolved by specific vibrations. A precisely vacuum, matched to the mattress, removes the mite feces from the inside of the mattress. During the cleaning process germs and microorganisms on the surface of the mattress are destroyed by a special energy-intensive UV irradiation. After the cleaning, the air can circulate through the mattress properly again.

You sleep better and healthier!

Original POTEMA® mattress cleaning:

- ▶ Test cleaning on site with test to allergens (mite feces)
- ▶ Deep cleaning of your mattress with the unique POTEMA® mattress cleaning system
- ▶ Mite prevention after cleaning

The deep cleaning of your mattress by a POTEMA® specialist will be comfortable and without effort for you at your home - fast, thoroughly, affordable!

Original POTEMA® Mattress Clean Spray for your mattress hygiene:

Proven for over 25 years!

How does Mattress Clean Spray work?

POTEMA® Mattress Clean Spray contains natural essential oils that penetrate into the inside of the mattress. The dander takes the smell and becomes inedible for the house dust mites. POTEMA® Mattress Clean Spray kills dust mites not directly, but deprives them of food and thus livelihood. Regular use of the POTEMA® Mattress Clean Spray reduces not only the spread of dust mites, but ensures a fresh scent in the bedroom.



Fig.: Mattress Clean Spray, Refill Bottle, Mini Travel Bottle

Available from your POTEMA® specialist

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POTEMA®

POTEMA® Mattress Clean Spray

**Healthy sleep with the natural
power of oranges**



- ▶ Reduces the spread of dust mites
- ▶ Eliminates unpleasant odors
- ▶ Smells fresh and pleasant
- ▶ Suitable for all mattresses, sofas, curtains and textiles
- ▶ Contains the natural ingredient orange oil

**Information for hygiene conscious
users and allergic persons**

Questions and answers concerning mattress hygiene and healthy sleep

The problem

One-third of our life, we have a very close contact with a dusty mattress which cannot be cleaned thoroughly by ourselves. Every person loses up to 0.5 liters sweat per night. This moisture, the contained salts and proteins in the sweat penetrate into the mattress and remain there. In addition, each person loses up to 1.5 g of skin scales per night (one pound per year). They remain partly in the mattress and supply the dust mites with food. Besides the skin scales are infested by mould and bacteria which causes the typical, unpleasant musty odor in bedrooms.



How was it in the past?

During centuries straw or hay mattresses were used as a sleeping pad. Several times a year straw or hay was replaced and the bag was washed. At these times, the bedrooms were cold and well ventilated. Later the straw mattresses were replaced by a three-part mattress which were brought outside for beating. Thus, a minimum level of hygiene was achieved.

And today?

Today, you have a wide range of mattresses in a very good quality which offer the best sleeping comfort. Because the mattresses are bulky and heavy, they remain in the bed for 10-20 years or even longer, where they are barely covered and ventilated. As a consequence today's mattresses contain more allergic components.

House dust mites (Dermatophagoides):

House dust mites are very tiny arachnids, which love a moist, warm and dark surrounding. They live almost exclusively of dander and multiply rapidly and numerously. Their droppings cause a stress situation, especially for an allergic person. But even healthy persons can react to them with redness, stuffy nose, burning eyes, and mucosal irritation.



House dust mite feces

Studies have shown that more than 98% of all mattresses are polluted and contain dust mite feces. Up to 2 million dust mites live in each mattress, producing about 20 droppings a day. In its ca. six weeks lifetime, the weight of the droppings adds up to 200 times the own weight of the mite.

Air circulation

The air circulation is one of the essential functional characteristics of a mattress. It is not only the purpose of the mattress to form a soft surface, but also to vent our body during sleep and to provide a pleasant sleeping climate. While we are sleeping, we change our position a several times. During this movement, existing dust and mite feces can leave the mattress and go into the room air. Simultaneously, over the years the mite feces clog the fine vents of the mattress and the sleeping comfort suffers.



Fig.: Dust and mite feces from one mattress

What can you do?

- ▶ Keep bedrooms cool and ventilated
- ▶ Remove the duvet during the day, so that the mattress is not covered all day long
- ▶ Treat the mattresses with the POTEMA® Mattress Clean Spray regularly
- ▶ Allergic persons should give their mattresses a professional deep cleaning regularly

Your advantages of a regular treatment with the POTEMA® Mattress Clean Spray:

- ▶ The sleeping comfort and the well-being will be enhanced
- ▶ Allergen reduction
- ▶ The quality of the mattress will be preserved