



NIGHTTIME ALLERGIES: WHY DO YOUR ALLERGY SYMPTOMS SEEM WORSE AT NIGHT?

Are nighttime allergies getting in the way of your sleep? Learn why your allergies may be worse at night and what you can do about it.

Allergy sufferers often experience worse symptoms at night — just when they're hoping to get some rest and relief. Your bedroom, however, likely contains triggers that can set off nighttime allergies.

COMMON NIGHTTIME ALLERGENS

Your mattress, bedding, pillowcase and blanket all contain microscopic dust mites that feast on dead skin cells and can cause allergy symptoms. If a pet sleeps in the bed, dust mites are even more plentiful, as is pet dander, another typical trigger for sneezing and coughing at night. Mold and pollen are also common culprits for nighttime allergies.



WHY YOUR ALLERGIES MAY SEEM WORSE AT NIGHT



While dust mites are the leading cause of nighttime allergy symptoms, a range of other factors can cause symptoms to flare up. Levels of some types of pollen, for example, increase at night, and simply the act of lying down in bed can result in coughing or wheezing, which may disturb your sleep. When you're trying to fall asleep, you're not physically active and therefore you're probably more aware of your symptoms than you are during the day.

MORE 

10 WAYS TO MANAGE NIGHTTIME ALLERGIES

If you suffer from nighttime allergies, you can take control of the situation and get some much-needed rest by following these tips:



Wash your bedding once a week to kill dust mites.*

* Use the “hot” setting on your washing machine.



Swap pillow covers for hypoallergenic pillow protectors



Use high-efficiency particulate air (HEPA) furnace and vacuum filters†

† Make sure to follow the manufacturer’s recommended maintenance schedule to replace them as needed.



Shower before going to bed to remove allergens from your skin and hair.



Change into clean clothes before getting into bed.



Keep pets out of your bedroom to reduce dander.



Use air conditioners and dehumidifiers to reduce dust mites and mold spores.‡

‡ Dust mites and mold spores thrive in humid environments. A cooler temperature will reduce humidity.



Close your windows to prevent pollen entry overnight.

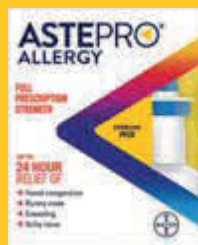


Vacuum bedroom carpeting, rugs and upholstered furniture frequently.



Clean items that collect dust, such as curtains, ceiling fans and hardwood floors.

USE ASTEPRO® ALLERGY BEFORE BEDTIME



Astepro® Allergy is a first-of-its-kind, steroid-free nasal allergy spray starts working in 30 minutes for fast-acting, 24-hour allergy relief. For relief from your nighttime allergy symptoms, keep Astepro on hand. You can pick it up at your local CVS store or at [CVS.com](https://www.cvs.com).

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