

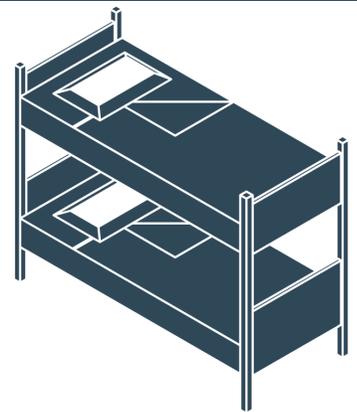
# MADE SAFE's Guide to Healthier and Ecosystem-Friendly

## DORM ROOM BEDDING

Conventional mattresses and bedding can contain toxic substances associated with negative human and environmental impacts. This MADE SAFE guide offers an overview of what's inside dorm bedding and mattresses, as well as safer options and buying solutions so you can choose to shop consciously to make your dorm room a place for healthier, restorative sleep.

### What's Inside Conventional Dorm Bedding & Mattresses:

- Flame Retardants
- VOCs
- Vinyl
- Phthalates
- Polyester
- Conventional Cotton

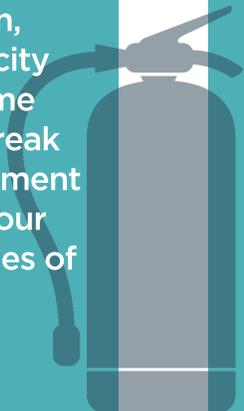


### The Top Offenders in Dorm Mattresses

#### FLAME RETARDANTS

Various flame retardants are associated with a variety of health impacts including endocrine disruption, developmental toxicity and more. Many flame retardants do not break down in the environment and can build up in our bodies and the bodies of animals.

1



#### VOLATILE ORGANIC COMPOUNDS (VOCs)

Many VOCs are known to be harmful to human health. Because a wide range of substances are known as VOCs, the associated health impacts are also varied.

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#### PHTHALATES

Used to make plastic more flexible, phthalates are used in vinyl (waterproof) mattresses so often found on dorm beds. Phthalates have been linked to a wide range of health concerns including developmental and reproductive toxicity.

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# The Top Offenders in Dorm Bedding

## POLYESTER

Polyester does not readily break down in the environment, contributing to plastic pollution.

## CONVENTIONAL COTTON

Growing conventional cotton can use heavy doses of potentially toxic pesticides. It is also often very water-intensive.

## Safer Mattress & Bedding Materials

**Organic Cotton:** Cotton is a nontoxic alternative to foam that is inherently less flammable than foam. Conventional cotton can use heavy doses of pesticides, can be water intensive, and is commonly GMO. Instead of conventional cotton, opting for organic cotton means choosing a safer, more sustainable material.



**Wool:** Wool is naturally flame resistant. When used properly, wool can provide fire resistance that meets federal flammability standards. Wool should be processed with non-toxic substances, and sourced responsibly to ensure animal welfare. Wool is cooler than foam and wicks away moisture.



**Latex:** When naturally sourced without any harmful additives, latex is an excellent alternative to foam because of its utility.



**Sewing Construction:** The safest way to adhere mattress components is to forego chemical adhesives altogether and sew mattresses by hand.

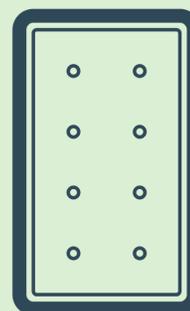


## Solutions for Healthier and Ecosystem-Friendly Sleep in the Dorms

### MATTRESS

**Bring Your Own Mattress.** Some schools will allow you to bring your own mattress if you agree to properly store the mattress they provided for you for the duration of the school year.

Not sure if this is an option? Give your college a call.



If buying a mattress or topper, make sure to know the exact bed frame size. Many dorm room mattresses are Twin XL, but it's worth checking.

## MATTRESS TOPPER + COVER

Top it Off with a Mattress Topper. If the school does not allow you to bring your own mattress, consider a mattress topper. A topper made of natural fibers like cotton, pure latex, or wool creates a barrier between you and the mattress underneath. Added bonus: Your bed is likely to be more comfortable with a topper than that standard dorm mattress.

Don't Forget a Mattress Cover. Choose a cover made of natural materials to protect your mattress and create a barrier between you and the mattress.



## SHEETS

Pick natural fibers. MADE SAFE recommends organic cotton. Cotton sleeps much cooler than synthetic fibers like polyester. While other natural fibers like silk and linen are healthy choices, they will likely be high-maintenance for dorm room living.

Choose the right size. Most dorm room mattresses and bed frames are twin XL. Be sure to confirm with your school.



Buy two sets. A regular laundry day is hard to maintain in college, as schedules are irregular and high-stress. Having two sets allows for flexibility – and clean sheets!

Check the care tag. Sheets and bedding must be washable and dryable. Because most dorms are not places you want to line dry, skip bedding labeled 'hang dry only.'

## COMFORTERS & BLANKETS

Select natural fibers. Like sheets, MADE SAFE recommends low maintenance natural fibers like organic cotton. Also consider a wool insert paired with an easy-to-clean duvet cover.

Dress your bed in layers. Dorm room heating and cooling can be hard to control. Purchasing layers for your bed like cool cotton sheets, a light blanket, and a heavier comforter or quilt will allow you to adapt to potentially large fluxes in temperature.

Shop for patterns or dark colors. College dorm beds also double as seating which can result in stains and spills. Dark colors and patterns hide stains, increasing the longevity of bedding, which lowers your environmental footprint.



Don't forget to launder bedding in safer detergent. Shop **MADE SAFE** certified laundry products.



## Shop for **MADE SAFE**® Certified Products

The MADE SAFE seal on bedding or a mattress means that it's made without materials known or suspected to harm human health or ecosystems. Certified products meet the highest standard of human and ecosystem health according to the best available science. Shop [MADE SAFE certified mattresses and bedding](#).

For scientific sources, [visit our website](#).

### MORE ON BEDDING BY MADE SAFE:

- [SLEEP SAFE: Tips for Choosing a Safer Mattress](#)
- [DETOX YOUR SLEEP: Toxic Chemicals in Bedding, Safer Alternatives & Certified Products for Healthier Sleep \(Full Report\)](#)

### OTHER PUBLICATIONS BY MADE SAFE:

- [Bug Repellent: What's In It?](#)
- [Healthy Baby Guide](#)
- [Safer School Supply SOLUTIONS](#)
- [SAFE SUN: Tips for Choosing a Safer Sunscreen](#)
- [What's Inside: WIPES](#)