# Which? advises on bed hygiene and washing frequency



A recent advisory from the consumer rights organisation Which? has sparked a significant conversation among UK homeowners regarding the cleanliness of bedding. The group has recommended that residents refrain from making their beds immediately upon waking, citing health and hygiene benefits associated with proper bed management.

According to Which?, the optimal approach to maintaining bed linens includes washing bed sheets, pillowcases, and duvet covers on a weekly basis at a temperature of 60°C. This recommendation aligns with expert opinions that higher temperatures are more effective at eliminating germs. Lenor UK has also emphasised that washing sheets at elevated temperatures is especially critical if someone in the household has recently fallen ill.

In its communication, Which? provided insights into the cleaning schedules for various bedroom items. Mattress protectors should ideally be laundered every two to three months, while pillows can be cleaned every four to six months. Duvets, however, have a less frequent cleaning requirement, with recommendations suggesting they should only be washed once or twice per year, adhering to the care instructions that accompany the item.

During a recent TikTok video, a Which? representative highlighted the importance of air circulation in bedding management, stating, "Pulling the sheets back to let it air out will help keep your bedding fresh for longer." This advice serves as a cornerstone of their health message to homeowners.

The revelations regarding washing frequency and bed-making practices have produced mixed reactions from the public. Some individuals expressed gratitude for the emphasis on washing at 60°C, reflecting a commitment to cleanliness. One user remarked, "I’m sooooo glad you said washing at 60°C, because I get slated for doing this. Thank you WHICH." Others echoed this sentiment by stating, "Saving lives."

Conversely, not all feedback was positive. A number of residents found the recommendations impractical, with one commenting, "Once a week?! Who has time for this??" Another expressed a belief that societal cleanliness standards might be excessive, stating, "People are living way too clean, that's why people get sick so often."

The debate surrounding the frequency of washing bed linens and the broader implications of cleanliness continues to engage the public, as discussions surrounding health and hygiene evolve in concert with expert recommendations.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.sueno.co.uk/blogs/bed-blog/bed-hygiene-keeping-bed-clean> - This article supports the importance of keeping bedding clean and fresh, aligning with recommendations to regularly wash bed linens to maintain hygiene. It also highlights the benefits of air circulation and proper laundry temperatures.
* <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/> - While not directly addressing bedding cleanliness, this resource emphasizes the importance of a restful bedroom environment, which includes maintaining clean bedding as part of overall sleep hygiene.
* <https://www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Other/Sleep-hygiene-3276-PIL.pdf> - This document provides guidance on sleep hygiene, suggesting that a comfortable and well-maintained bedroom environment is crucial for good sleep. Clean bedding contributes to such an environment.
* <https://www.enherts-tr.nhs.uk/wp-content/uploads/2019/10/sleep_hygiene_advice-1.pdf> - This advice on sleep hygiene includes recommendations for maintaining a comfortable sleeping environment, which indirectly supports the importance of clean bedding by promoting overall bedroom cleanliness.
* <https://www.which.co.uk/news/2023/01/laundry-day-what-you-need-to-know-about-washing-your-clothes-at-60c/> - This article from Which? highlights the benefits of washing laundry at higher temperatures, which can be relevant for washing bedding at 60°C to effectively remove germs.