

Fungi in the Bedroom

A cosy environment, plenty of water and lot's to eat - a fungus couldn't ask for much more than that! All this is be found in the ecosystem within your comfy pillow, with the water from your sweat, the food from your skin scales and the excreta of dust mites,

A study by A. Woodcock of the University of Manchester, UK, of number of pillows used for between 18 months and 20 years showed that each pillow contained about 16 different species of fungi with *Aspergillus fumigatus* the most common and potentially the most dangerous, as it may aggravate asthma and cause lung problems.

Both feather and synthetic pillows were included in the study, with the worst infestations in modern synthetic pillows.

Woodcock believes the use of synthetic pillows may be involved in the rising incidence of asthma.

Ref; *New Scientist*, Vol 188, No 2522, 22 October 2005, p 23.