

What Are Carpet Mites?

Mites inhabit in the soft fibers of carpets.

Carpet mites, or dust mites, live in mattresses, carpets and pillows invisible to the naked eye. A dust mite has eight legs and a mouth, but does not have eyes. The tiny creatures also have translucent bodies, which makes detection even more difficult. The mites do not burrow under the skin or bite, but they can cause irritation to sensitive individuals such as those with asthma.

Types:-

There are three species of dust mites: the American dust mite, or *Dermatophagoides farinae*; the European dust mite, or *Dermatophagoides pteronyssinus*; and the *Euroglyphus maynei*, which are in homes around the world. Despite the names, American and European dust mites are not confined to those locations. A small area of carpet can have up to 100,000 dust mites living in the fibers.

Life Cycle and Habitat:-

Carpet or dust mites consume the dead skin cells from humans and pets. The mites live between 10 and 70 days. Female dust mites typically live between 50 and 70 days while males live only an average of 15. One female dust mite will lay between 75 and 100 eggs in her life. An egg hatches into a six-legged larva, which transforms into the eight-legged nymph. The mites prefer humid areas that people and pets frequent for a steady supply of food.

Allergic Reactions

Dust mite droppings can cause allergic reactions among those sensitive to the material. It is also a trigger for asthma in sensitive individuals. The allergic reaction occurs when the immune system in sensitive individuals interprets mite feces as a disease and produces antibodies to fight against it.

Control:-

To keep the level of carpet mites low, homeowners can maintain a humidity level below 70 percent. Individuals sensitive to allergic reactions or those with asthma can use plastic covers on pillows and mattresses. Vacuuming carpets and upholstery can help to reduce the number of mites and the feces that cause reactions. It is impossible to eradicate the mites from a home completely, but maintaining a low humidity level and frequent vacuuming can help to minimize the effect they have on sensitive individuals.

How many times have you or a family member woken up from a night's sleep with itchy or red skin and irritated eyes? How about a stuffed up nose, sneezing, wheezing, tightness in the chest, headaches, or a sinus ache? How about a general feeling of depression for no reason, or a feeling of fatigue even though you've just woken up?

The fact is, you, a loved one or a family member could be one of the 50 MILLION Americans that suffer from some kind of allergy. Chances are, the reason may be the millions of dust mites that made a home for themselves in your mattress, and are feeding on the dead skin cell flakes all humans shed.

Many dust allergies stem from dust mites. Menacing as they appear, it's technically not the dust mites themselves that cause the problem - it's the droppings they leave! Yes. On and in your mattress. After they eat your dead skin cells. That's what they do.

The best way to kill dust mites and remove dust mite droppings is getting professional mattress cleaner to clean and sanitize your mattress. This Dust Mites Cleaner service specializes in eliminating dust mites as well as other allergens and bacteria. That's what we do.