Bed sheets should be washed in hot water and dried completely at least every two weeks, more often if you sweat a lot at night. Why? Well first, beware, because the reasons why do not paint a pretty picture, but a picture is worth a thousand words, and once you read this, you might decide to wash your sheets every day, which is not necessary.

Here’s what it comes down to. We as human beings shed skin cells, sweat, and drool. When we are sleeping in bed, we are doing all of those things in one place for eight hours or so, thus creating a dust mite buffet. Dust mites are tiny bugs (microscopic in size with translucent bodies; they’re not visible to the human eye) that feed on human skin flakes and as such, they have waste. So here’s the picture, all things that eat also excrete, so where do the droppings go? In your bed sheets! So you can choose to wash your sheets regularly or hang out with your new eight legged friends and their waste!