

# FREE Pillow Care Checklist

## How to Keep Your Pillows Fresh & Clean

### Washing Frequency Guide

- Polyester: Every 3-6 months
- Down/Feather: Every 6 months
- Memory Foam: Spot clean as needed
- Latex: Every 6 months
- Buckwheat: Never wash (replace hulls if needed)

### Drying Tips

- Use low heat for machine drying
- Toss in dryer balls to fluff pillows
- Air dry in the sun for natural disinfection
- Ensure pillows are fully dry to prevent mold

### Cleaning Pro Tips

- Use a pillow protector to reduce washing needs
- Wash pillowcases weekly for better hygiene
- Fluff daily to maintain shape and prevent dust buildup
- Replace pillows every 1-2 years for optimal sleep quality

**Enjoy a Fresher, Cleaner Sleep!**