



### Allergies and Asthma

Nighttime asthma, also called nocturnal asthma, is common with about 75% of people with asthma waking up from nighttime symptoms at least once a week.<sup>1</sup>

It is estimated that affects 1 out of 12 people in the U.S.<sup>1</sup>

Poor sleep can make asthma worse. Sleep loss promotes inflammation in the body which affects the lung function therefore increasing your chances of having an asthma attack.<sup>1</sup>

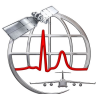
Around 40% of people with asthma experience nocturnal symptoms every night. Having poorly controlled or severe asthma can make it more likely for someone to experience nocturnal asthma.<sup>1</sup>

Environmental triggers can worsen nocturnal asthma.<sup>1</sup>

- Tobacco smoke
- Allergens in the bedroom
- Diet
- Medications
- Cold air
- Other medical issues (i.e., colds, the flu, and sinus infections)



1. Newsome, R., Rehman A.(2023). Allergens that Impact Sleep. *Sleep Foundation*. Retrieved <https://www.sleepfoundation.org/sleep-related-breathing-disorders/asthma-and-sleep>.



Allergic rhinitis can affect up to 20 - 30% of adults in U.S. and it can be more common in children. This is typically caused by allergens. Look at each allergen below as they explain why they may be triggering!



I am one of the most common house allergens and the first to appear in children.<sup>2</sup> I love to eat dead skin cells that are usually found in mattresses, pillows, and box springs.<sup>2</sup> Hate to break it to you, but feather pillows have dust-buildup which YAY for me and my fellow dust mites.<sup>2</sup>

Best thing to do is replace or regularly clean bedroom furniture that can harbor dust and to wash your bedding regularly in the hottest water it can handle.<sup>2</sup>



I know I'm adorable and man's best friend, but all the cuteness won't stop me from having dander that could cause you to have annoying allergies.<sup>2</sup> I know we love to cuddle in bed but if you have allergies already, sharing a bed with me could cause your nighttime symptoms to worsen.<sup>2</sup> Maybe it's time for my own fancy bed! Sadly, I can't give you as many wet kisses on the face and always make sure to wash your hands after playing or petting me.<sup>2</sup> We can still have lots of love and fun!



I may be a tiny, dirty critter but the proteins in my body, saliva, and waste, can cause people to have hay fever symptoms, even after I've died. Keep your home and areas clean unless you want to see more of me.<sup>2</sup>

I may be seasonal, but I do sure pack a punch with hay fever when I react to trees, grasses, or ragweed to make you feel crummy.<sup>2</sup> Hay fever is usually worse when the weather is warm and dry. It can make it super hard to have a good night's rest.<sup>2</sup> You can try to keep me out by keeping your doors and windows closed and changing clothes anytime you come in from the outside.<sup>2</sup> Try a shower sometime too. <sup>2</sup> I can be tricky guy to get rid of.



Allergies to me can fluctuate with the seasons I grow best when its cold and damp so it's better to reduce humidity in your house if you don't want my mold family moving in (and there's lots of us). Your bathroom should be well ventilated after showing or bathing.<sup>2</sup> If you don't have a good fan, make sure to wipe down wet surfaces and fully extend the shower curtain to let it dry.<sup>2</sup> Clean me up as soon as you can, or your allergies will surely kick you hard.



2. Pacheco, D., Wright, H. (2022). Allergens that Impact Sleep. Sleep Foundation. Retrieved <https://www.sleepfoundation.org/sleep-related-breathing-disorders/asthma-and-sleep>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Send your questions to [usaf.jbsa.afmsa.mbx.hpo@mail.mil](mailto:usaf.jbsa.afmsa.mbx.hpo@mail.mil). For more online health tips, visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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## Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday