

# How Often to Wash Your Bedding

A clean-cadence for every layer of the bed. Wash more often if you have pets in the bed, allergies, or you run hot at night.

Item	How often	Notes
<b>Sheets (fitted + flat)</b>	<b>Weekly</b>	Every 3–4 days with pets, allergies, or heavy night sweating.
<b>Pillowcases</b>	<b>Weekly</b>	Wash with the sheets; they collect face oils fastest.
<b>Pillow protector</b>	<b>Monthly</b>	Lets the pillow itself go longer between washes.
<b>Pillows (washable)</b>	<b>Every 3–6 months</b>	Check the tag. Solid foam and latex are usually spot-clean only.
<b>Duvet cover</b>	<b>Every 2–4 weeks</b>	Weekly if you sleep without a top sheet.
<b>Comforter / duvet insert</b>	<b>Every 2–4 months</b>	Use a sanitary cycle and dry fully before storing.
<b>Blankets / throws</b>	<b>Every 2–3 months</b>	Wool can go longer; some need dry cleaning.
<b>Mattress protector</b>	<b>Every 1–2 months</b>	Cold wash, low heat to keep it breathable.
<b>Mattress (clean, not wash)</b>	<b>Every 6 months</b>	Vacuum, then baking soda; never the machine.

## Replace, do not just wash

Pillows last 1–3 yrs (foam / poly) up to 5–7 yrs (latex). Sheets last about 2 yrs of daily use. Mattresses, every 6–8 yrs.

## Wash smarter

Use the hottest water the care tag allows, a mild detergent, and skip fabric softener (it leaves a residue). Dry fully; damp bedding grows mildew.

### Keep it tracked

Log your pillow condition between washes with the [Memory Foam Pillow Care Log](#) so you catch lumping and yellowing before they cost you sleep.