

Dessert made with only 3 ingredients: Easy recipe that doesn't require cooking.

## Description

Hello everyone, today we will learn how to make a dessert with only 3 simple ingredients. Get your pen and paper ready to write down the ingredients, and then follow the entire recipe.

Do you know what is hiding in your bed? You might be surprised, and if you found out, you would likely clean it immediately. Here is all the information you need.

The significance of keeping your mattress clean.

There is no feeling like sleeping on a cozy bed with clean, nice-smelling sheets. Having a tidy and comfortable bed is very important for getting a good night's sleep, which is crucial for keeping your body and mind healthy. Even if you regularly change your bedsheets, you might not be aware that your mattress contains many things that need to be taken care of. The mattress is not very clean. Today we will show you what is hidden inside it and why you should clean it, not just the sheets.

The dust inside your bed

As stated before, just having clean sheets doesn't mean the bed is clean. The mattress also needs to be cleaned regularly because dirt accumulates on it over time, making it dirty. Think about the skin cells and sweat that accumulate on sheets and get absorbed by the mattress. Dust mites are always around, so it's important to clean your mattress regularly, especially if you have allergies. If you wake up with a stuffy or runny nose, it could be a sign that it's time to clean your living space.

Did you know that a mattress can become twice as heavy after ten years? This happens because skin cells, mold, bacteria, human hair, dust mites, their waste, and dead insects build up. This blend makes your mattress unattractive. Now that you are aware, you will probably want to clean your mattress right away. So, here's the right way to do it.

Here are some tips on how to keep your mattress clean: 1. Vacuum your mattress regularly to remove dust and dirt. 2. Use a mattress protector to prevent stains and spills. 3. Wash your bedding frequently to prevent dust mites and allergens. 4. If there are stains on your mattress, spot clean them with a mild detergent and water. 5. Air out your mattress by

To clean your mattress, you will need a vacuum, a wet cloth, and baking soda. Begin by using a vacuum cleaner on the mattress to get rid of any dust and dirt on the surface, so it doesn't spread around. After that, put some baking soda on the mattress. Baking soda is very good at getting rid of old smells. It also helps get rid of dampness and dirt. Next, clean the mattress with a wet cloth to get rid of any stains.

To remove tough stains, mix baking soda, water, and salt to make a paste. Put the paste on the spots and leave it there for around 30 minutes. After that, clean it with a wet cloth. Your mattress will be completely clean. Don't forget to do this every six months and also clean the pillows because they

gather dirt too.

Now that you are aware of what is inside your mattress, it is time to take care of it properly. A fresh mattress helps you sleep well and stay healthy. Don't forget to clean your mattress regularly.

Enjoy !

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