

FACTZZZZ

...ON DOWN AND FEATHER

TIPS ON PURCHASING DOWN AND FEATHER BEDDING

You've made the decision that you need new bedding, what's next? The American Down and Feather Council (ADFC) has put together a few tips to help steer you in the direction of a restful night's sleep

COMFORTER SHOPPING:

Know the Construction Type:

The construction of a comforter impacts its overall comfort and durability. These are the two common types of construction:

- **Sewn-Through Construction** or Box Design Comforters force feathers to stay in one place. No matter how much you toss and turn, your duvet will stay insulated throughout, and makes for a warmer comforter.
- **Baffle Box Construction** takes the sewn-through design to a new level. Boxes are sewn into the comforter and an internal fabric wall separates the top and bottom layers of fabric adding strength. In addition to making the comforter fluffier, the baffling also forces the filling to stay in one place.

Understand the Fill:

Are you planning to stay warmer in the winter or cooler in the summer? Would you like a blanket that is more fluffy or flat? The answer to both questions is in the Fill Power. Generally, the higher the fill power the greater amount of warmth and fluffiness per ounce. Good quality fill power starts at around 500, while high fill power offers more warmth for weight, even the lower fill power in down may be enough to ensure your comfort while sleeping.

continued on next page



WHY SHOULD YOU LOOK FOR THIS LABEL?

...because it takes the guesswork out of shopping for down and feather.

Seeing this ADFC Seal of Approval on your bedding packaging is a mark of quality. It assures that the product meets all state and federal requirements and industry standards in the following areas:

CONTENT

- To be labeled as a down product, down content must be labeled and must contain a minimum of 75% down cluster
- In products that contain both, down and feather content percentages must be listed (i.e. 50% down/ 50% feathers)

CLEANLINESS

- Down and feathers are processed to the highest cleanliness standards

COMPLIANCE

- To be listed as hypoallergenic, the products must adhere to prescribed oxygen and turbidity levels
- The volume—or fill power—must be measured and listed as cubic inches per ounce
- Thread Count of the coverings must conform to Federal Trade Commission (FTC) rules regarding the number of threads per square inch of fabric. Specifically, two-ply yarns must be counted as a single thread and may not be used to double the thread count.

Under the American Down and Feather Council's (ADFC) labeling program, all sampling, classification and testing of the filling material must be done in accordance with International Down and Feather Bureau (IDFB) testing standards and be performed by an IDFB certified testing laboratory.

FACTZZZZ

...ON DOWN AND FEATHER

continued from previous page

PILLOW SHOPPING:

Recognize Your Sleep Type:

Choosing a pillow with the correct amount of support can be critical to your night's sleep. Pillows provide support for your head, neck and shoulders - keeping them in alignment and relieving pressure. The density of the pillow will affect the amount of support you receive. Pillows with a high percentage of down are the softest, a greater blend of down and feathers will provide a more firm sleeping surface, and all-feather pillows will deliver the most support. Density recommendations change for each sleep "type."

SIDE SLEEPERS: Firm Density Pillows.

The denseness of the pillow will keep your neck and head in alignment by allowing you to sleep on an even surface.

BACK SLEEPERS: Medium Density Pillows.

A pillow with a medium density will limit the space between your head, neck, and shoulders allowing support for your spine's natural curvature.

STOMACH SLEEPERS: Soft Density Pillows.

As a stomach sleeper's head is turned during sleep, a softer pillow will make sure it is not in an unnatural position.

ALWAYS REMEMBER:

Thread Count Counts:

The thread count is the number of threads woven together in a square inch and is important in pillows and comforters because it keeps the feathers from leaking out! When buying, make sure that the product is "downproof" and that it has a thread count of at least 230.

Check the Seams:

Make sure seams on all pillows and comforters are sturdy. This is key, well-made seams will make sure that the down and feathers stay where they are supposed to be.

SHOPPING CHECKLIST FOR DOWN AND FEATHER BEDDING.

ALL PRODUCTS

- Thread Count of 230 or above
- Well Constructed Seams
- ADFC Certification Label

COMFORTER AND DUVET SHOPPING:

Construction Type

- Baffle Box

Fill Power

- 500 -600 (Good Quality)
- 600-700 (Better Quality)
- 700 and Higher (Luxury)

PILLOW SHOPPING:

Support

- Firm Density Pillows (side sleepers)
- Medium Density Pillows (back sleepers)
- Soft Density Pillows (stomach sleepers)