



## MATTRESS TOXICITY INFO

### PROBLEMS WITH REGULAR MATTRESSES

A mattress is often a source of exposure to flame retardants, EMFs amplified by inner springs, and millions of mites. Mattresses contain a lot of harmful compounds and since we spend a third of our lives in bed, it's important to take some time and do your research. Mattress must be 95% organic to meet USDA organic mattress standards.

#### Harmful compounds to avoid:

**Dioxins** – Hazardous Air Pollutant (HAPS), Group 1 carcinogen, used in cotton's bleaching process, found in vinyl and infant mattresses.

**Benzene** – Hazardous Air Pollutants (HAPS), deadly airborne Group 1 carcinogen, a colorless or light yellow liquid chemical, found in polyurethane foams like memory foam.

**Formaldehyde** – Commonly used in mattresses, especially as an adhesive in mattresses made from polyurethane foam (a toxic petroleum-based material).

**VOCs** (Volatile Organic Compounds) – Can cause lung and skin irritation and are often found in the glue in many mattresses.

**Decabromodiphenyl Oxide** and other Brominated **Flame Retardants** – These are linked to hair and memory loss and are listed as possible carcinogens.

**PDBEs** (Polybrominated diphenyl ethers) - Subgroup of brominated flame retardants, found in polyurethane foam

Chemical flame retardants aren't the only problem with conventional mattresses, however.

### ORGANIC CERTIFICATIONS IN MATTRESSES

Terms like "natural" and "eco-friendly" are unregulated for mattresses. They also don't mean that the mattress is made of natural materials. A mattress must be 95% organic to meet USDA organic mattress standards and be labeled as organic. Some mattresses may use organic cotton or organic wool for the top layer, but check before assuming an organic label means an entirely natural mattress.

If a mattress is certified organic, it is certified by a third party. Labels to look for:

**GOTS** – Global Organic Textile Standard. Mattresses with this certification must use at least 95% certified organic fibers for all fabric used.

**GOLS** – This stands for Global Organic Latex Standard and is the first third party standard for organic latex. It specifies that the latex used must be at least 95% organic latex.

**GREENGUARD** – An independent certification that requires environmental chamber tests for over 360 chemicals. This certification specifies that a mattress is low in VOCs, phthalates, formaldehyde, and other harmful chemicals and that it is safe for children and the elderly.

If you're buying a mattress that contains both cotton/wool and latex, it is good for it to have all of these certifications.



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### DR. NASHA APPROVED MATTRESS PARTNERS



#### [www.naturepedic.com](http://www.naturepedic.com)

**Safety:** Top of the line on safety with every certification available. They've also received awards for their environmental impact and were even recognized by the EWG. Vegan options are also available.

**Price:** Range from about \$250 for crib mattresses up to around \$5,000 for really high end king size options with many good options in between.



P L U S H B E D S

#### [www.plushbeds.com](http://www.plushbeds.com)

**Safety:** All of their mattresses are GreenGuard Gold, Oeko-Tex Standard 100, GOTS and GOLS certified. The latex and cotton/wool are certified organic and safe. They use no chemical flame retardants, carcinogens, petroleum fillers, fungicides or other harmful compounds.

**Price:** Range from about \$1,000-\$3,000 depending on size, firmness, and sales, making them a good budget-friendly option.