



Rest Assured

Nothing lasts forever—especially not bedding. Consider this a wake-up call to replace items that may be past their prime and sabotaging your snoozefest. Brian Parnes, vice president of marketing, design and product development at Downlite, shares his top tips. —Danielle Blundell

REPLACE	REGULAR CARE	MATERIALS
PILLOWS		
Every year	Use pillow protectors and cases to extend life; restore loft by zapping in the dryer on low heat for 10 minutes. Fluff after.	Asthma and allergy sufferers should look for hot-water washable and/or hypoallergenic styles like Downlite's Medium EnviroLoft Down Alternative Pillow (downlitebedding.com , from \$30).
MATTRESSES		
Every 7 years	Wash covers and pads a few times a year. While your mattress is bare, vacuum it to remove allergens and dust mites.	Heat retention can be an issue with ultra-popular memory foam models. Try Casper's mattresses, which are designed with open-cell latex foam for better air flow (casper.com , \$850/queen).
DUVETS/COMFORTERS		
Every 3 to 5 years or when the filling shifts or diminishes	Launder anything that comes in contact with your body weekly and clean inserts at least twice a year.	Base your bedding weight and material on your climate and bedroom temperature. Choose styles with double stitching, which hold up better to repeated cleansing.

PLANT-POWERED PUNCH

You don't have to be a vegan to enjoy the benefits of plant-based proteins. "Pea, soy, hemp, algae and rice varieties are excellent meat-free alternatives that can provide many of the same essential amino acids, vitamins, minerals and enzymes that you would find in animal-based proteins," says Brian Tanzer, MS, CNS, nutritionist and manager of scientific affairs for the Vitamin Shoppe. Try powering up your favorite smoothie with one of these picks.

Hemp

Derived from hemp seed, this powder contains fiber plus omega-3 and omega-6 essential fatty acids. It has a pleasant nutty flavor and can be used alone or added to a smoothie recipe for a delicious boost of protein.

Pea

This allergen-friendly protein contains ample amounts of branched amino acids. Peas

are naturally high in glutamine, for example, which is important for muscle building.

Soy

A complete protein made from soybeans, this source contains isoflavones, a class of bio-active compounds, which can support hormone and cardiovascular health.

Rice

Packed with fiber and B vitamins, brown rice protein is a great high-quality choice, especially for those with select food allergies (lactose or gluten) or sensitive digestive tracts.

Algae

Blue-green varieties, like spirulina and chlorella, are nutrient powerhouses. In addition to their high protein content, they offer essential minerals and antioxidants. Algae is good for those with soy and dairy sensitivities. —SP

