



**FOR IMMEDIATE RELEASE**

**CONTACT:**

Christine Foster  
404-266-0899  
cfoster@3atlanta.com

Katie O'Neill  
404-266-0899  
koneill@3atlanta.com

**Harvard School of Public Health Evaluates Efficacy of  
Simmons BackCare Kids® Mattress**

*-Findings suggest mattress significantly inhibits new infestation of dust mites-*

**(Boston- September 21, 2005)** -- The findings of a recent study by the Harvard School of Public Health suggest that "Simmons 'BackCare Kids' mattresses were effective at reducing dust mite antigen levels for substantial periods of time," and that overall allergen levels were substantially lower on the new Simmons mattresses than on old mattresses.

The research experiment consisted of replacing 53 mattresses in the homes of 42 asthmatic children living in three Boston public housing developments with BackCare Kids® mattresses and comparing the number of dust mites in the original mattresses to the number of dust mites in the BackCare Kids® mattresses over time.

"Since the introduction of BackCare Kids® in 2002, Simmons has worked to educate parents about the respiratory ailments children can develop due to the presence of allergens in the sleeping environment," said Anne Kozel, brand director, Simmons Kids. "Participating in this study allowed us to demonstrate just how much allergen-reducing mattresses can improve the sleep of children suffering from such problems."

At the time of their measurements, the BackCare Kids® mattresses had been in use for a time period ranging from one month to 14 months. The study determined that after approximately seven months, the use of BackCare Kids® mattresses, in conjunction with additional improvements to the indoor living environment, appeared to inhibit reinfestation, decreasing the presence of one type of dust mite by 74.9 percent and another type of dust mite by 27 percent. The study also found that dog and cat allergens were significantly decreased. Levels of cockroach and other allergens were not targeted in the study.

The study was part of the Healthy Public Housing Initiative (HPHI), a Boston-based community-centered project designed to engage public housing residents in a collaborative process to improve the health and quality of their lives. The HPHI conducted interventions designed to reduce environmental health hazards – especially asthma triggers – and measured the change in health status of children with asthma after the completion of their interventions.

(more)

To view the report, visit: [http://www.hsph.harvard.edu/hphi/HPHI\\_SimmonsReport\\_Final.pdf](http://www.hsph.harvard.edu/hphi/HPHI_SimmonsReport_Final.pdf)  
For more information on BackCare Kids® mattresses, please visit [www.simmonskids.com](http://www.simmonskids.com).

### About Simmons Bedding Company

Atlanta-based Simmons Bedding Company is one of the world's largest mattress manufacturers, manufacturing and marketing a broad range of products including Beautyrest®, BackCare®, BackCare Kids®, Olympic® Queen, Deep Sleep® and HealthSmart™. Its Simmons Kids™ division specializes in providing bedding products specifically designed for babies and children. The Company operates 17 conventional bedding manufacturing facilities and three children's bedding manufacturing facilities across the United States and Puerto Rico. Simmons is committed to developing superior mattresses and promoting a higher quality sleep for consumers around the world. For more information, visit the Company's website at [www.simmons.com](http://www.simmons.com).

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