

Favorite bed pillows get a lot of use every night. We keep clean pillowcases on them and don't think much about the pillow inside until it's time to change the bed linens. Lately, have you looked? Yikes! The pristine white pillows have turned blotchy with disgusting yellowish-to-brownish stains. What on earth...? The most common response is to stuff an ugly, stained pillow into a clean pillowcase and hope never to look at that mess again! What are those stains? The culprit is sweat, the chemical composition of which varies from one person to the next, depending on what that person has been eating and drinking or the medications he or [Derila Sleep Support](#) she is taking. Now add drool, body oils, makeup, and hair products transferred to the pillow from lying down with wet hair-all of these things, over time, discolor pillows. But why not the pillowcase? Because we launder them frequently, stains are [banished](#) quickly before they have a chance to become a problem.

But the pillow itself? When did you last launder yours? You may not think you sweat while asleep, but if your pillow has become stained or just looks dingy gray and old-looking, that's a sign you do. Congratulations are in order. This means you're normal. Some people sweat more than others, which can explain why your spouse's pillow may be far more stained than yours or why your teenage son's pillow is more disgusting than, say, his little brother's. Resting your face or head against that pillow hour after hour releases sweat, which travels easily through the pillowcase into the pillow. The stains, not the pillows! Depending on how old these stains are, you can probably get your bed pillows clean and beautifully white again. Most types of pillows can be washed in the washing machine. If your pillow has a zippered pillow liner, remove it. You're in luck if the stains are limited to just that protective cover (this is different from a pillowcase and may have come as an accessory with the pillow).

If the pillow itself has stains, it's time to wash both the liner and the pillow. Check to make sure the pillow tag says that it is washable. Most pillows can be safely washed. Treat the stains with the stain remover with enzymes, and allow to sit for about 20 minutes. Fill a large container half way with the hottest water you can manage from the tap. Add the pillow(s) and allow to soak. If your washing machine is a top loader and has a soak function, fill the washer with hot water, then stop the cycle to allow the pillow(s) to soak. If your washing machine is a front loader, find a big container like a storage bin or use the bathtub for this step. While the pillows soak, fill the largest cooking pot you can find with tap water, set it on the stovetop, and bring it to a full boil. Turn the burner off and pour in the laundry detergent, dishwasher detergent, and borax.

[external page](#) Stir gently until the products dissolve in the hot water. Very carefully, [Derila Sleep Support](#) pour the contents of your hot caldron into the washer, storage bin, or Derila Contour Pillow tub-wherever your pillow(s) is soaking. Carefully add and stir in the liquid bleach. Because the stained pillows need to be fully saturated, use a broom handle to gently push them down, turn them around into the water as pillows tend to float. Allow soaking for at least one hour. After the soak, launder the pillow(s) using your machine's longest hot wash cycle, with an extra rinse if you have that option. Pour a cup of white vinegar into the liquid softener reservoir to add to the final rinse. This will keep it separate from the bleach, as you do not want to mix bleach and vinegar. Dry the pillows in the dryer on a medium heat cycle, along with wool dryer balls if you have them.

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