

MOSQUITO NET ESSENTIALS

All you need to know about Mosquito Nets and more
By EVEN Naturals®

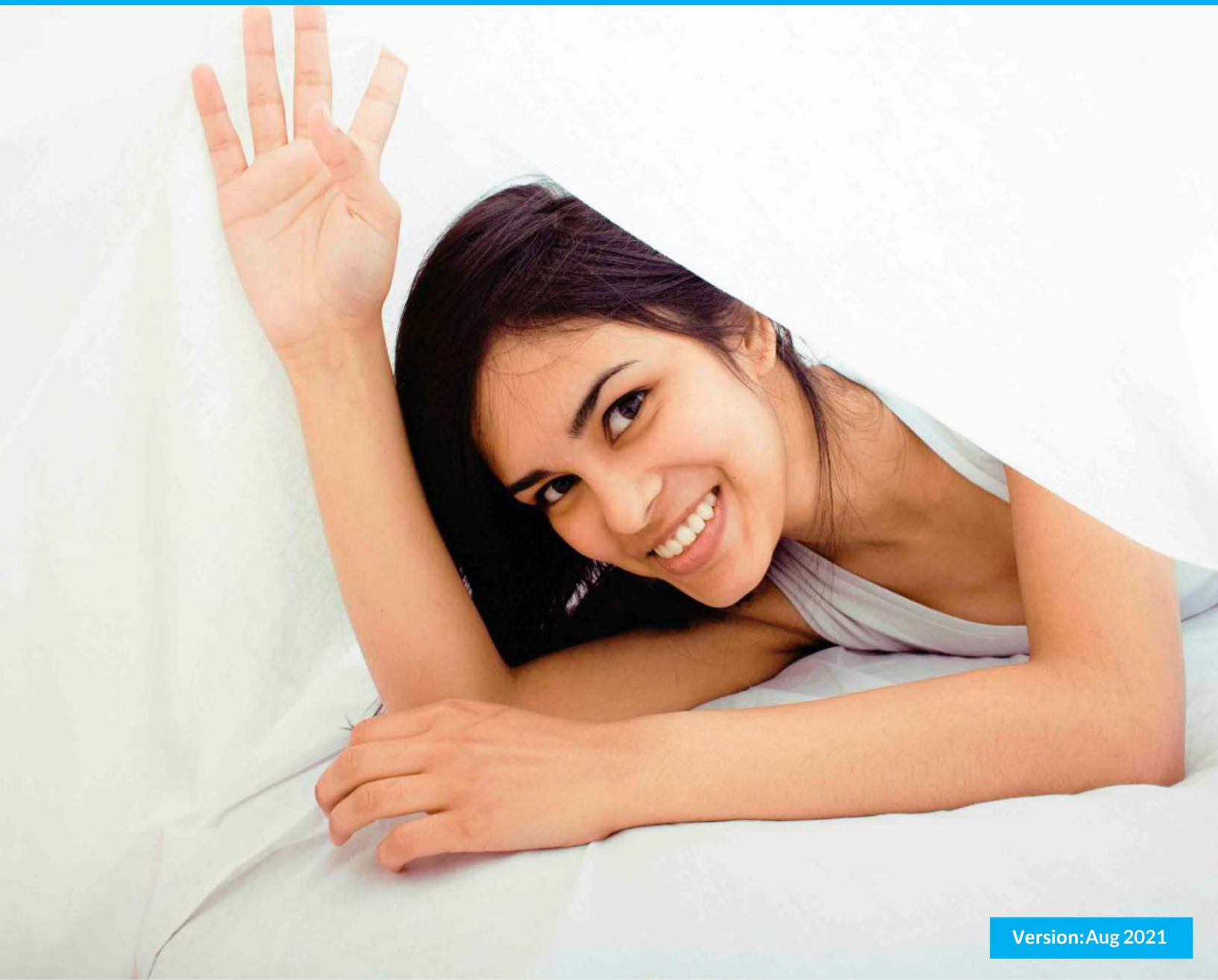


TABLE OF CONTENTS

Introduction	3
7 Habits for Getting a Good Night's Sleep	4
16 Tips for Staying Healthy in the Tropics	9
Pop Up Nets	11
Hanging Points	13
Conical (round) Nets	15
Rectangular (square) Nets	18
Care Instructions	20
Mosquito Net & Malaria	21
Facts about Malaria	22
More Suggestions	23

Disclaimer

We have put this book together with the greatest care. However, it is your sole responsibility to make your own judgement on how to use the information in this publication. This book is delivered 'as is' and the suggestions given herein are for your information only. We do not give any warranty or guarantee, either expressed or implied, that following the suggestions in this book are safe in your specific situation.



INTRODUCTION

It's always a delightful feeling to just sit back and relax at home and forget all your worries without any interruption, or maybe to travel and see the world. Don't let a small insect ruin it all for you or hold back from enjoying.

There are various ways to protect yourself and your kids from these dangerous mosquitos. In this eBook, we will be covering topics we feel are essential and will be helpful for you.

*Have a great
night's sleep!*

We at EVEN Naturals want your relaxation and travel to be perfect and stress-free. We are grateful for your purchase and support, and to show this, we offer this complementary eBook as a gift from us to you.

We believe that a Mosquito Net is a wonderful invention. Very effective! It avoids the need for chemicals while you sleep. We are proud to provide such a cost-effective solution that protects your family and even adds a piece of romance to your bedroom.

We value our customers very much, we are hoping that you fully enjoy our product and have a wonderful experience using it! If that's the case, we would greatly appreciate if you tell us about your experience with our products and services. In case of issues, please don't hesitate to contact us immediately at: CS@PerchHQ.com

7 Habits for Getting a Good Night's Sleep

How you feel during the whole day will depend mostly on how well you sleep. Ironically, the solution for sleep difficulties can often be found in your daily routine. Your sleep schedule, bedtime habits, and day-to-day lifestyle choices can make a big difference to the quality of your sleep during the night.

We compiled several tips that will help you maximize your sleep so you can be productive, mentally sharp, emotionally balanced, and full of energy all day long.



Keep a Regular Sleep Schedule

There is a thing called the *Circadian Rhythm*, or our body's natural sleep-wake cycle. Having a regular sleeping pattern, like going to bed and getting up at the same time each day, you will feel much more refreshed and energized than if you sleep the same number of hours at different times. Consistency is the key.



Use a Good Quality Mosquito Net

Always sleep under a top-quality Mosquito Net and getting one for each family member is ideal. You don't want to get awakened by mosquitos buzzing around your head, or your child being eaten alive. Don't be fooled by other Mosquito Nets being sold at lower prices (with less quality and/or with too small sizes.)

'We recommend 380 holes/inch². This offers the best protection, best air flow and weight.'

It should be large enough to make sure that it easily covers the bed and can be tucked under your mattress for maximum protection. The net should have an opening for easy entrance. Make sure that the net has fine mesh (we recommend 380 holes/inch² but the higher the better you are protected) to stop even tiny insects from entering. A Mosquito Net is a natural solution without toxic chemicals on the skin during the night. And last but not the least, it also gives a peaceful, romantic touch to your bedroom.





Naturally Regulate your Sleep-Wake Cycle

Melatonin is a naturally occurring hormone that helps regulate your sleep-wake cycle. Melatonin production is controlled by *light* exposure. Your brain should secrete more in the evening, when it's dark, to make you sleepy and less during the day when there's light and you want to stay awake and alert.

Boost Melatonin Production at Night:

- **Turn Off your Television and Computer.** Many people use the television to fall asleep or relax at the end of the day, and this is a mistake. Not only does the light suppress melatonin production, but television can actually stimulate the mind, rather than relax it. Try listening to music or audio books instead, or practice relaxation exercises. If your favorite TV show is on late at night, record it for viewing earlier in the day.
- **Don't read from backlit device at night (such as an iPad).** If you use a portable electronic device to read, use an eReader that is not backlit, i.e. one that requires an additional light source such as a bedside lamp.
- **Change your bright light bulbs.** Avoid bright lights before bed, use low-wattage bulbs instead.
- **When it's time to sleep, make sure the room is dark.** The darker it is, the better you'll sleep. Cover electrical displays, use heavy curtains or shades to block light from windows, or try a sleep mask to cover your eyes.
- **Use a flashlight to go to the bathroom at night.** If you wake up during the night to use the bathroom – as long as it's safe to do so – keep the light to a minimum so it will be easier to go back to sleep.

Nap to make up for lost sleep. If you need to make up for a few lost hours, opt for a daytime nap rather than sleeping late. This allows you to get back the hours of sleep you lost without disturbing your natural sleep-wake rhythm, which might lead to insomnia and throws off your pattern for days.

Be smart about napping. While taking a nap can be a great way to recharge, especially for older adults, it can make insomnia worse. If insomnia is a problem for you, consider eliminating napping. If you must nap, do it in the early afternoon, and limit it to thirty minutes.



Create a Relaxing Bedtime Routine

If you make a consistent effort to relax and unwind before bed, you will sleep easier and more deeply.

A peaceful bedtime routine sends a powerful signal to your brain that it's time to wind down and let go of the day's stresses. Keep the noise down, keep the room cool and make sure that your bed is comfortable.



Eat Right and Get Regular Exercise

Your daytime eating and exercise habits play a role in how well you sleep. It's particularly important to watch what you put in your body in the hours leading up to your bedtime.

Stay away from big meals at night. Try to make dinnertime earlier in the evening, and avoid heavy, rich foods within two hours of bed. Fatty foods take a lot of work for your stomach to digest and may keep you up. Also be cautious when it comes to spicy or acidic foods in the evening, as they can cause stomach trouble and heartburn.

Avoid alcohol before bed. Many people think that a nightcap before bed will help them sleep, but it's counterintuitive. While it may make you fall asleep faster, alcohol reduces your sleep quality, waking you up later in the night. To avoid this effect, stay away from the alcohol in the hours before bed.

Cut down on caffeine. You might be surprised to know that caffeine can cause sleep problems up to ten to twelve hours after drinking it! Consider eliminating caffeine after lunch or cutting back your overall intake.

Avoid drinking too many liquids in the evening. Drinking lots of water, juice, tea or other fluids may result in frequent bathroom trips throughout the night. Caffeinated drinks, which acts as diuretics, only make things worse.

Quit smoking. Nicotine is a stimulant, which disrupts sleep, plus smokers experience nicotine withdrawal as the night progresses, making it hard to sleep.

You'll also sleep more deeply if you exercise regularly. Even as little as 20 to 30 minutes of daily activity helps. And you don't need to do all 30 minutes in one session. You can break it up into 5 minutes here, 10 minutes there, and still get the benefits. Try a brisk walk, a bicycle ride, or even gardening or housework.



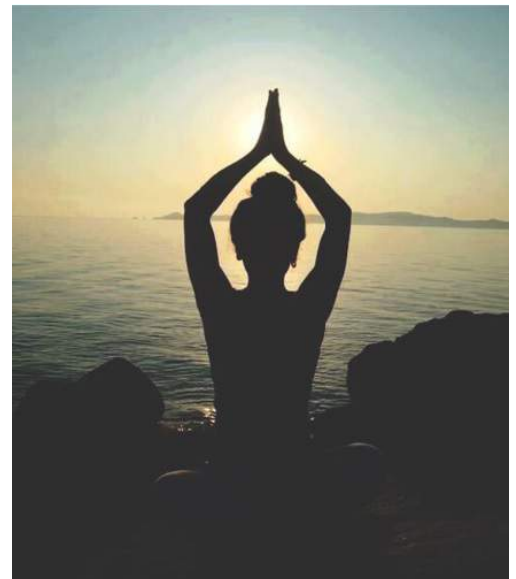
Get Anxiety and Stress under Control

Do you find yourself unable to sleep or waking up night after night? Residual stress, worry, and anger from your day can make it very difficult to sleep well. When you wake up or can't get to sleep, take note of what seems to be the recurring theme. That will help you figure out what you need to do to get your stress and anger under control during the day.

If you can't stop yourself from worrying, especially about the things outside your control, you need to learn how to manage your thoughts. For example, you can learn to evaluate your worries to see if they're truly realistic and replace irrational fears with more productive thoughts. Even counting sheep is more productive than worrying at bedtime.

Relaxation is beneficial for everyone, but especially for those struggling with sleep. Practicing relaxation techniques before bed is a great way to wind down, calm the mind, and prepare for sleep. Some simple relaxation techniques include:

- **Deep breathing.** Close your eyes, and try taking deep, slow breaths, making each breath even deeper than the last.
- **Progressive muscle relaxation.** Starting with your toes, tense all the muscles as tightly as you can, then completely relax. Work your way up from your feet to the top of your head.
- **Visualizing a peaceful, restful place.** Close your eyes and imagine a place or activity that is calming and peaceful for you. Concentrate on how relaxed this place or activity makes you feel.





Know When to See a Sleep Doctor

If you've tried the tips above and are still struggling with sleep problems, you may have a sleep disorder that requires professional treatment. Consider scheduling a visit with a sleep doctor if, despite your best efforts at self-help, you are still troubled by any of the following symptoms:

WATCH OUT FOR

- Persistent daytime sleepiness or fatigue
- Loud snoring accompanied by pauses in breathing
- Difficulty falling asleep or staying asleep
- Unrefreshing sleep
- Frequent morning headaches
- Crawling sensations in your legs or arms at night
- Inability to move while falling asleep or waking up
- Physically acting out dreams during sleep
- Falling asleep at inappropriate times



16 Tips for Staying Healthy in the Tropics

With globalization comes anxieties and fears. Are you fearful of visiting your friend in the tropics because of rampant cases of Malaria or other vector borne diseases? Traveling to tropical climes need careful planning and this article will help you take precautions and play it safe.

Before the Trip

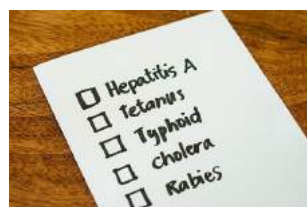
1

Know your destination. Gather as much information as you can on the culture and people of the countries you will be visiting. Learn a few words and greetings in the local language. United Nations missions and embassies are a good resource for over 140 countries.



2

Vaccination. Research whether there are any vaccinations you should get before visiting the region to which you are heading.



3

Mosquito Net. Buy a good quality Mosquito Net for each family member participating in the trip. Make sure that the net has a fine mesh (we recommend 380 holes/inch² at least), to stop even tiny insects. Put the Mosquito Net in a good carry pouch to protect the net against tearing. Make sure that the net includes a rope for hanging.



4

Trail Mix. Buy packages of almonds, walnuts, pumpkin seeds, apricot seeds, or whatever country trail mix you like.

5

Necessary Paraphernalia. Pack an assortment of sizes of Ziploc bags, drinking straws, and a pair of rubber slippers or thongs.



6

Protection from the Sun. Buy a good sunscreen, a wide brimmed panama hat (to help to reduce the glare effects of the sun). A baseball hat or visor might get the job done too, depending on where you're going and how strong the sun is.

7

Additional Protection. Ensure that you wear your "invisible" glove. A lotion provides help in reducing hand-to-hand transfer of potential diseases, since the lotion wraps the hands like an invisible glove. Repeated application reinforces its efficacy and protects the hands themselves.



8

Medications. Take your medicines (carry an additional prescription just in case, but not in the same bag), vitamin supplements, and your extra pair of glasses.

During the Trip

9

Connect. Make friends with the locals. Be kind without inviting the shadier folks to take advantage of you. Ultimately, a local who likes and respects you will watch out for you better than any guidebook ever could.



10

Eating. Eat only fruits that can be peeled (and there are many fruits in the tropics to enjoy). Eat your trail mix whenever you get hungry or need a snack.



11

Mosquito Protection. During the day, always splash mosquito repellent on your skin, particularly exposed legs, arms and face. At night, set up and sleep under your Mosquito Nets to avoid being eaten alive by mosquitos and worse, getting Malaria or other vector borne diseases.



12

Drinking. Imported bottled water is preferable and is usually available. Just remember, no crushed ice in liquids.



13

Straws. Use the straws to drink directly out of the bottle if you feel averse to using glasses or cups.



14

Sun Protection. Always wear sunscreen and a wide brimmed, foldable panama hat or a cap with visor for protection from the loving, though relentless sun.

15

Shoes. Keep your shoes on. Never walk indoors or outdoors barefooted. The rubber thongs protect the bottom of the feet from those little parasites called hookworms which might be looking for an opportunity to burrow into the soles of the feet.

16

Medication. Don't forget your Malaria medications for additional protection against Malaria.

I take Malaria pills, so why should I sleep underneath a Mosquito Net? The use of Malaria pills reduces the chance of Malaria. Despite this, they do not prevent insect stings, which are caused by stinging insects, which are capable of transferring diseases.

To protect yourself against these insect stings with their diseases, it is advisable to always sleep underneath a Mosquito Net. Then you are protected while you are sleeping and therefore the use of chemicals such as DEET becomes unnecessary.

Pop Up Nets



The setup of the Pop Up Net is extremely easy.



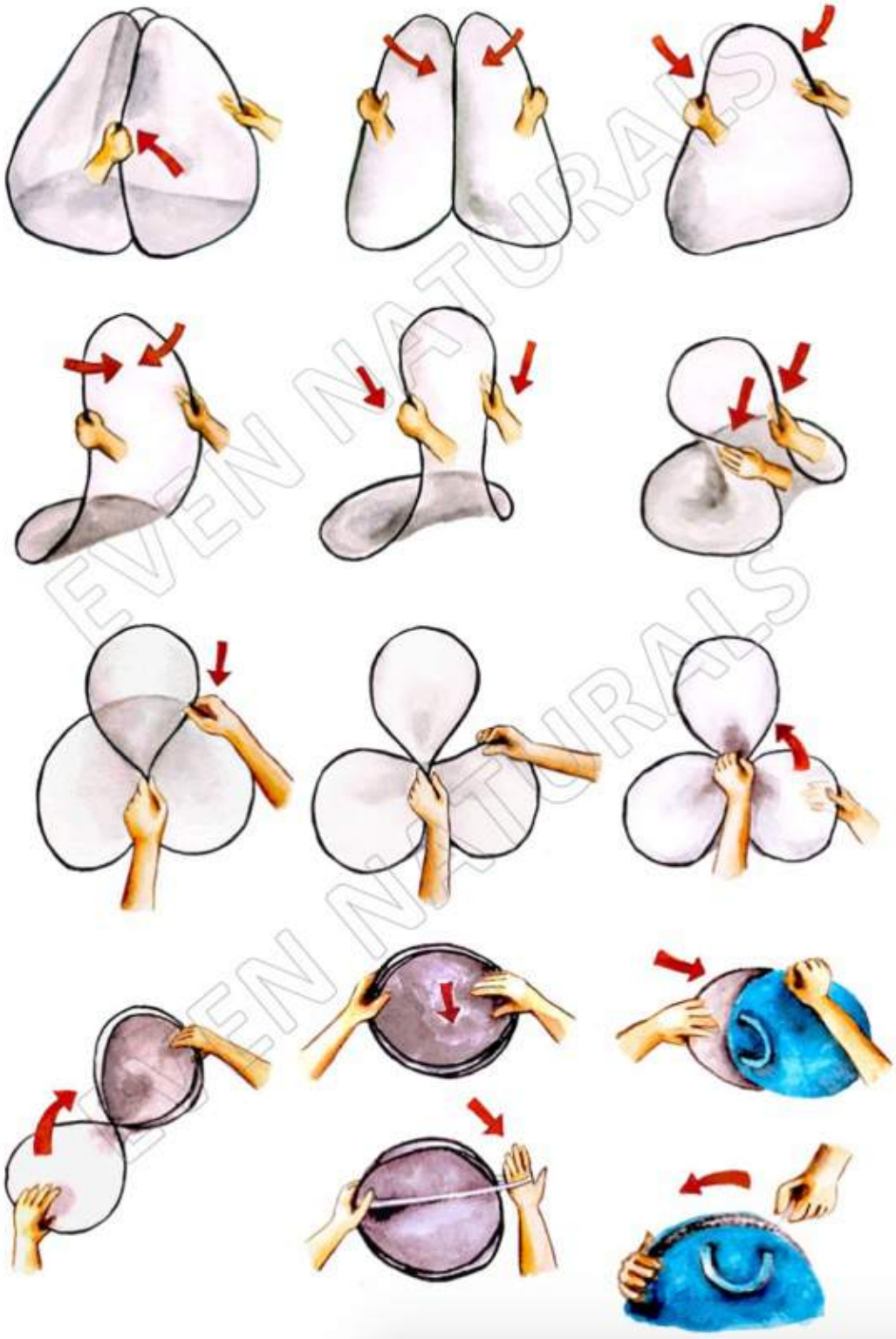
Open the carry bag. Hold the pop up ring with your hand. Remove the elastic band around the Net. The sturdy automatic pop up system pushes the Net open and it holds the net standing up with ease.

You don't need a string or a hook from the ceiling to hang it.



Folding the Pop Up Net

As easy as this Net is setup, to put it back into the carry bag is initially a bit complicated. For detailed folding instructions, please look at the illustrations below:



After a few tries, people usually work out the way to do it.

Some people only do the first 3 'steps'. So, they just fold the Net one time (to make it flat). It stays larger this way but it's an easy and convenient way to put it away in your storage or garage very quickly.

Hanging Points

The Pop Up Mosquito Net does not need a hanging point.

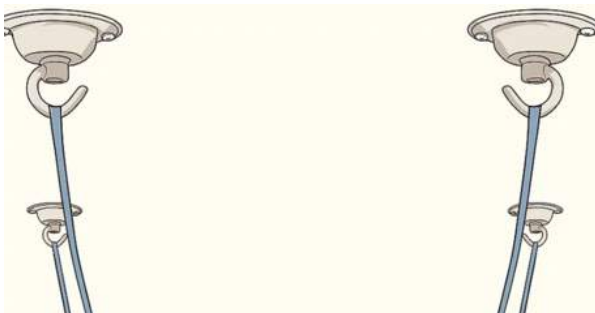
The Conical (round) Mosquito Nets have only one hanging point.

The Rectangular (square) Mosquito Nets have six or eight hanging points.

If it is possible to use existing hanging points like a fan, this is very easy.

To create a hanging point, you might consider buying a hanging clip. They are for sale on Amazon. Go to www.amazon.com and search for 'self adhesive hook'. Make sure you buy one that 'holds strongly', for example of the brand Command.

You can also create a new hanging point. This is explained on the next page.



How to create Hanging Points

In the carry bag, you find the Mosquito Net as well as hooks (anchor), plugs and rope (cord).



Hook



Plug

It depends on the type of product that you bought how many.

Locate the nearest ceiling joist where you want to hang your hook above the center of the bed.

A joist is one of the beams that supports a ceiling, and it's the securest place to fasten a hook.

One way to locate your ceiling joist is by using a stud finder.

If the ceiling is made of stone or plaster, you need to use the plugs.

And you need to use an electric drill to make the holes (5mm) into the ceiling.



In each of the holes, you first put the plug.

In each plug, you can screw a hook.

If the ceiling is made of wood, you do not need to use plugs.

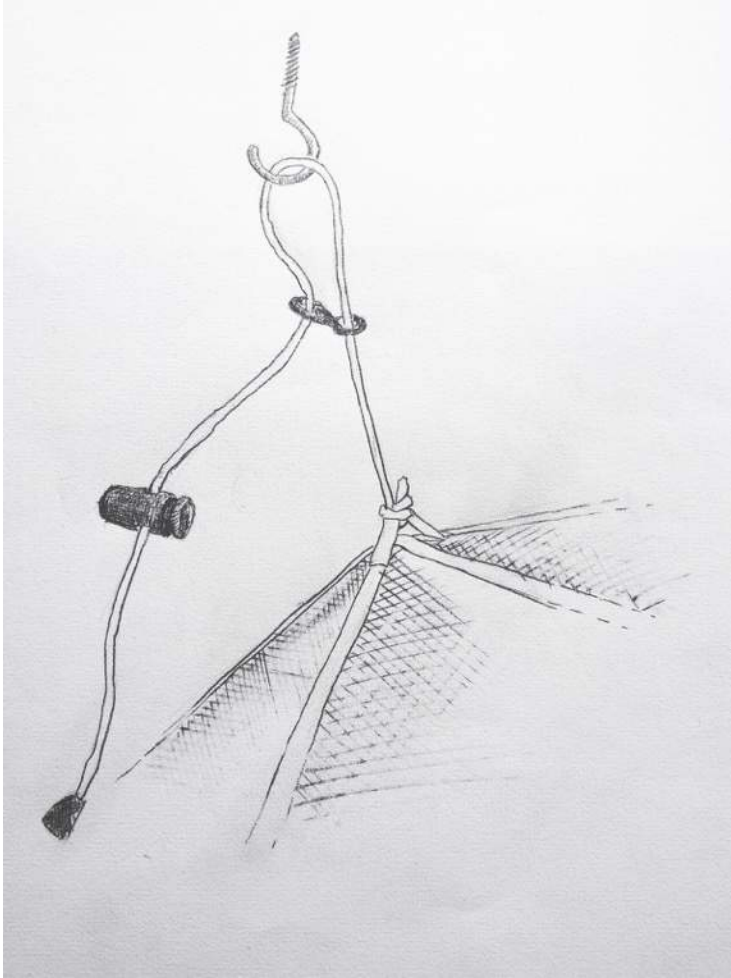
And you can make holes in the wooden ceiling that are smaller than the hooks.

In each of the holes in the wood, you can directly screw a hook.



Conical (round) Nets

1. Find a place where to hang (for example a beam) or use the hook to make a hanging point.
2. Place the rope over the hook or beam
3. Press and hold the toggle
4. Pull the rope to adjust the height of the net (The bottom of the Net should just touch the floor to avoid insects from sneaking in)
5. Move the toggle up to the hook



Hanging can be a beam, a fan or a hook.



Conical Nets - inside Loop

Please note the very convenient loop on the inside of the Net. It can be used for various useful applications such as the one shown here:



Folding Conical (round) Nets

The Conical Mosquito Nets have a very convenient pop up ring, which automatically pops up when taken out of the carry bag. To put these nets back into the carry bag, just follow these simple steps:

1

Hold the pop up ring with both hands
(see picture step 1)

2

Twist hands in opposite directions while at the same time moving the hands slowly towards each other (see picture step 2 and 3)

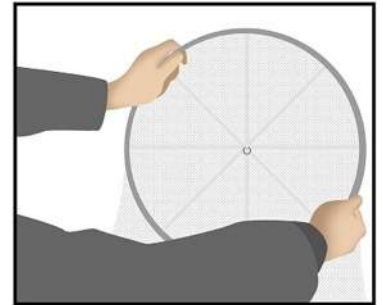
3

The ring will now collapse in three smaller rings (circles), see picture step 4, on top of each other, small enough to fit in the carry bag

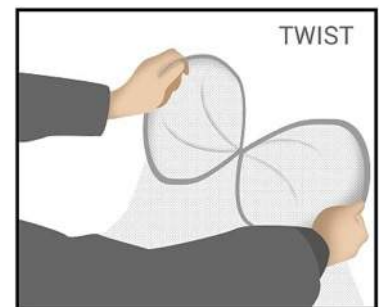
4

Fold the Mosquito Net neatly around it and pack it in the carry pouch (along with the hanging kit)

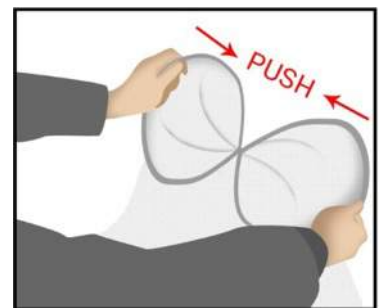
STEP 1



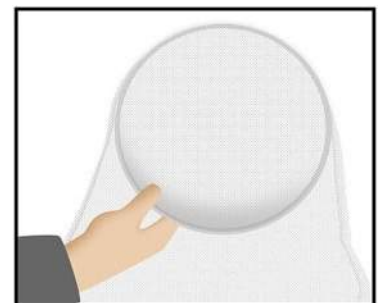
STEP 2



STEP 3



STEP 4



Rectangular (square) Nets

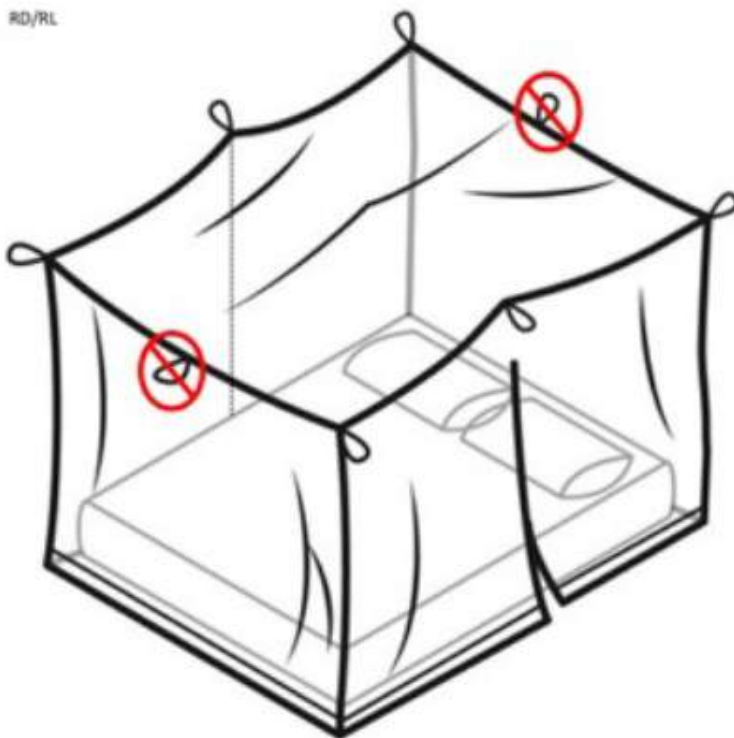
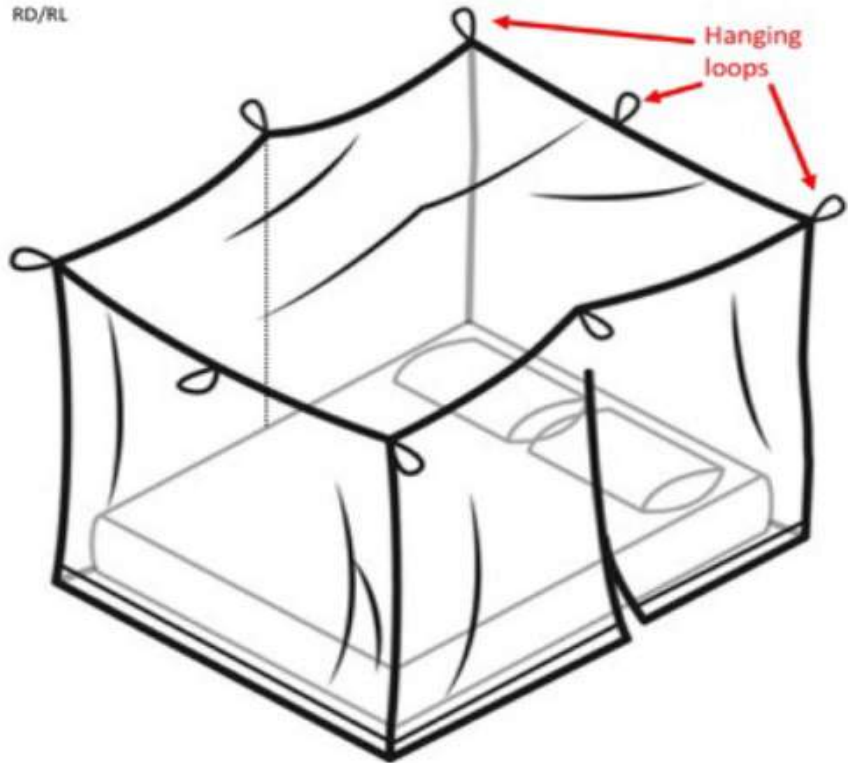
In case you have a canopy bed (see image below), the use and setup are very easy.

Otherwise, your Rectangular (square) Mosquito Net has 6 or 8 loops for hanging. The number depends on the type of Net that you have bought.

We recommend using all loops.

But it is also possible to hang the net (that has 8 loops) only with 6 loops.

See the picture below which loops should be used, to avoid open doors on the side.



Hanging the Rectangular Nets

The two openings should be on the side of the bed. They are for easy entrance and exit.

Put the Mosquito Net on the floor and find the 6 or 8 hanging loops.

See the picture what is meant.

The hanging point indicate the top side of the Mosquito Net.

You are going to fix these loops to the ceiling.

For that, you need to find 6 or 8 locations where to put the 6 or 8 hooks in the ceiling.

This is the pattern (see image) that you look for, right above the bed (corners).

On a previous page it is explained how to create hanging points.

Now you can hang the Mosquito Net.

You need to cut the rope, for example, in 8 equally long ropes of 1.5 meter (60").

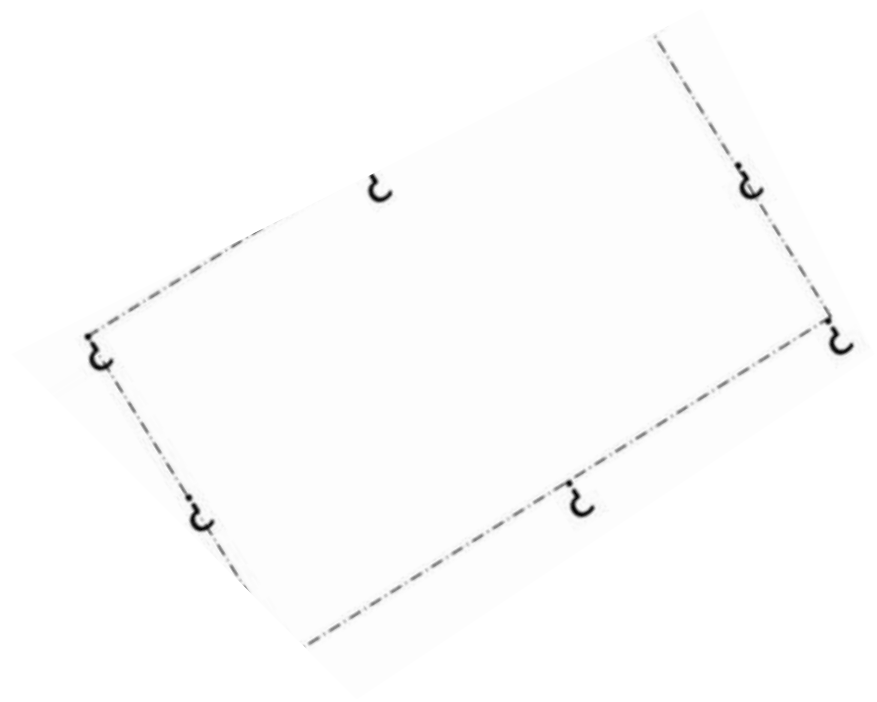
Then you tie the hanging loops to one of the hooks in the ceiling.

Adjust the length of the rope.

The bottom of the Mosquito Net must touch the floor to avoid insects from sneaking in.

Also make sure that the doors (openings on the side) are always carefully closed.

RD/RL



Care Instructions

Care for and cleaning your EVEN Naturals® Mosquito Net is very easy and hassle-free. Follow these simple instructions and get it done in no time.

Steps to wash the Mosquito Net using a washing machine:

- 1 Carefully shake out the dirt from the Mosquito Net.
Put the Mosquito Net in a washing bag. For Nets with a pop up ring: please make sure that you put the Mosquito Net in the washing bag like it was folded in the carry bag. To be 100% safe, please wrap an elastic band around the Mosquito Net, before putting it in the washing bag.
- 2
- 3 Wash the Mosquito Net using gentle cycle with warm wash and cold rinse.
- 4 When the cycle is complete, lay the Mosquito Net out on towels or outside and allow it to dry completely.

Special Care Tips:

Temperature: Max. 140°F (60°C)
Do not use bleach
Do not use tumble dry
Do not iron the net
Do not dry-clean

Pop Up Net

Hand-wash the Pop Up Net

Frequently Asked Questions

Which Mosquito Net is the best for me?

We offer different models & different sizes of Mosquito Nets. Check the options on our website: <http://evennaturals.com/>

Why should I use a Mosquito Net?

The Centers for Disease Control and Prevention recommend using mosquito netting if you plan to travel to countries where mosquitos (and the serious diseases they carry) can be a problem. So, it should be considered an essential item for international travelers.

Our Mosquito Nets are also a Must-Have for 'outdoor lovers' such as campers, hunters, fishermen, hikers and backpackers.

It can also be used at home for protection from mosquitos and/or to give your bedroom an additional romantic touch at a very affordable price.



Mosquito Nets and Malaria

Mosquitos are very tiny insects but can bring dangerous diseases. According to the World Health Organization, mosquito bites result in the deaths of more than 1 million people every year. Malaria and Dengue are the two most dangerous diseases caused by them, which result in numerous cases of deaths, hospitalizations and other debilitating health concerns that can cause lifelong disabilities.

A Mosquito Net is mainly used to provide protection against mosquitos, even flies and other insects which cause several diseases such as Malaria, Dengue, Encephalitis and Yellow Fever. It has a meshed fabric that prevents entry of mosquitos and insects. It also lets you have a peaceful sleep without any insect buzzing in your ears and knowing that you and your family are safe and protected from diseases that are communicable through insect bites.

The working principle of a Mosquito Net is as simple as it looks. The Net is made with very small holes. These holes are large enough to let air through, but small enough to prevent mosquitos or other insects to fly through the net. The use of Mosquito Nets is greater in areas where mosquitos are common or in areas with high risk of getting mosquito-borne diseases.



Mosquitos and their Bites



The mosquitos inject a substance containing anti-coagulants into their victim when they bite. A body defense mechanism because of this, will respond, causing itchiness, burning, and inflammation. The effects of a mosquito bite on a person will depend on their sensitivity. In most cases, inflammation and itchiness that resolves on their own after several hours. Pain may continue to persist for several days with some people. Infection can develop if bacteria are introduced to the injuries (i.e. by scratching).

The bump that results from a bite can appear instantly or may take up to several minutes or even hours. In severe cases, serious reaction to mosquito bites might occur, which results in inflammation spreading around the bite, significant hives and difficulty of breathing. This life-threatening condition needs immediate treatment. Most bites occur at either dusk or dawn, when mosquitos are most active.



LIST OF VECTOR BORNE DISEASES ACCORDING TO AMCA

(American Mosquito Control Association)

- Malaria
- Chikungunya
- Dog Heartworm
- Dengue
- Yellow Fever
- Eastern Equine Encephalitis
- St. Louis Encephalitis
- LaCrosse Encephalitis
- Western Equine Encephalitis
- West Nile Virus

Facts about Malaria

Malaria is a mosquito-borne infectious disease of humans and animals caused by parasitic protozoans (a group of single-celled microorganisms). Non-immune travelers from Malaria-free areas are very vulnerable to the disease when they get infected. Although it is a life-threatening disease, it can be prevented by observing precautionary measures.

According to CDC, approximately 1,500-2,000 cases of Malaria are reported every year in the United States, almost all in recent travelers.

According to the latest estimates of the World Health Organization, released in December 2014, there were about 198 million cases of Malaria in 2013.

Signs and Symptoms

In a non-immune individual, symptoms usually appear seven days or more (usually 10-15 days) after the infective mosquito bite.

Watch out for

- (1) Fever
- (2) Headache and joint pain
- (3) Chills
- (4) Vomiting
- (5) Jaundice (Yellowish discoloration of the skin)

If not treated within 24 hours, it can progress to a severe illness often leading to death. Children with severe Malaria frequently develop one or more of the following symptoms: anemia, respiratory distress, or cerebral Malaria. In adults, multi-organ involvement is also frequent.

Malaria is treated with antimalarial medications; the ones used depends on the type and severity of the disease. While medications against fever are commonly used, their effects on outcomes are not clear. Uncomplicated Malaria may be treated with oral medications.

Who is at Risk?

Approximately half of the world's population is at risk of Malaria.

Specific population risk groups include:

- **Young children** in transmission areas who have not yet developed protective immunity;
- **Non-immune pregnant women** as Malaria causes high rates of miscarriage and can lead to maternal death;
- **International travelers** because they lack immunity.

Malaria is caused by Plasmodium parasites. The parasites are transmitted to people through the bites of infected Anopheles mosquitos, which bite mainly **between dusk and dawn**.

There are four parasite species that cause Malaria in humans:

- Plasmodium falciparum
- Plasmodium vivax
- Plasmodium malaria
- Plasmodium ovale

Plasmodium falciparum and Plasmodium vivax are the most common. Plasmodium falciparum is the deadliest.

Other Suggestions

Please check out our website for more useful information and to explore more products:

<https://www.evennaturals.com/>

Please check our website for our other Mosquito Nets: <http://evennaturals.com/shop/>

Please do not hesitate to contact us for further clarifications, suggestions or questions. Just email us at:

CS@PerchHQ.com



Bottom 335" (850cm)



Bottom 500" (1270cm)



Pop-up 80" x 71"



Head Net



80" x 40"



80" x 71"
or 88" x 77"



Stroller Net