



## Wool Beds & Bedding

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**Debra Lynn Dadd**

*author of the first book on toxic chemicals in consumer products*



## About Debra Lynn Dadd Recommended Products

**Debra Lynn Dadd** has been finding and recommending the least-toxic products available in the marketplace for more than three decades, publishing her recommendations first in books and then on the Internet.

She already has—at [www.debraslist.com](http://www.debraslist.com)—the largest and most comprehensive directory of websites that sell the least-toxic products that exist today, with 100s of links to 1000s of products in a broad range of categories. Her recommendations are trusted because people who shop on the websites she recommends often experience improvement in their quality of life, and thus continue to seek out and use additional least-toxic products.

Now, **Debra Lynn Dadd Recommended Products** takes Debra's recommendations one step further by **evaluating specific products**.

Unlike seals and certifications, Debra provides a **written Letter of Recommendation and logo** along with a **Materials Review**. The Review describes in detail **why she considers the product to be unlikely to do harm to the consumer under normal use**.

[www.debralynndadd.com/recommended-products](http://www.debralynndadd.com/recommended-products)



## Debra Lynn Dadd Recommended Products

# LETTER OF RECOMMENDATION

## Shepherd's Dream Wool Beds & Bedding

Shepherd's Dream | Mt. Shasta, CA 96067 USA | [shepherdsdream.com](http://shepherdsdream.com)

Valid from 5/3/16 to 5/3/17

To Whom It May Concern:

I have reviewed the materials used to make the following listed products, based on information provided to me by the manufacturer and available publicly on their website. I used publicly available scientific data on the possible health effects of each material to determine that these products meet my personal standards, based on 30+ years of experience as a consumer advocate for safer products. Further details are in the attached Materials Review.

- **all-wool mattresses**
- **wool mattress toppers**
- **wool-filled comforters**
- **wool mattress protectors**
- **wool blankets**
- **wool felts**
- **baby bedding**
- **wool-filled pillows**

I charge fees for my work reviewing materials, writing the Materials Review, and for the right to publicly display the Debra Lynn Dadd Recommended Products logo, Letter of Recommendation and Materials Review on the manufacturer's website and other promotional materials. Shepherd's Dream has paid these fees.

Debra Lynn Dadd

[www.debralynndadd.com/recommended-products](http://www.debralynndadd.com/recommended-products)



## Debra Lynn Dadd Recommended Products

# MATERIALS REVIEW

### Shepherd's Dream Wool Beds & Bedding

Shepherd's Dream | Mt. Shasta, CA 96067 USA | [shepherdsdream.com](http://shepherdsdream.com)

Valid from 5/3/16 to 5/3/17

*I have asked the manufacturer for a list of all materials used, and the manufacturer has acknowledged that all materials have been provided for my evaluation.*

The purpose of this Materials Review is to show that the materials used to make the products I recommend are unlikely to do harm to the user under normal use.

I have been recommending **Shepherd's Dream** wool beds and bedding since before it was Shepherd's Dream. I first met founder **Eliana Jantz** in the early 1980's, and recommended her fledgling business in my first book, *Nontoxic & Natural*, published in 1984. At the time, we both lived in the San Francisco Bay Area. We met and became lifelong friends.



Quite simply, Eliana loves wool. And the story of Shepherd's Dream is the story of Eliana creating the purest wool and then making wonderful beds and bedding with it.

Eliana invented the concept of the "layered bed" as the perfect form for wool. Instead of a thick and heavy mattress, she advocated placing several thinner mattresses and toppers on a bed frame—which could be easily removed, aired, and fluffed, to keep the bed fresh and comfortable. Eliana's latest wool bed concept is piles of wool felts, which she makes and sells at [HeartfeltCollective.com](http://HeartfeltCollective.com). These are also sold at Shepherd's

Dream. I have one of these felts on my bed as a mattress pad.

Eliana established The Natural Bedroom in Sebastopol, California in 1984. In 1993, she invited me to work with her to write the Pure Grow Wool Program with Sonoma County Woolgrowers. Eliana formed her own relationships with wool growers and processors, which eventually led her daughter's husband owning The Woolgatherer Carding Mill and providing wool to other businesses as well. Well before "farm-to-table" became popular, Eliana already was making "field-to-bedroom" products. She knew where all her materials came from, and required all to be free from toxics.

In 1994, Eliana sold The Natural Bedroom to pursue a deeper level of understanding, which resulted in Shepherd's Dream as we know it now.



Today Shepherd's Dream is owned and operated by Eliana's daughter, **Sarah Sunshine Smith**. The business is based in Montague, California, at the foot of Mt. Shasta. Wool is grown, carded, and sewn into Shepherd's Dream products all within the local Mt. Shasta area. I have slept in the very room where the beds are made. It is totally toxic-free and very peaceful.

I have been sleeping on a Shepherd's Dream all-wool mattress for more than fifteen years and it's still like new. I have the mattress, two wool toppers, wool pillows, a wool comforter, and the wool felt, all from Shepherd's Dream. And I love my bed. I just love knowing the care that goes into everything about these beds, knowing where the sheep were raised, and where it was made. It's completely a product of nature and love.

*As cottage industry bed makers, we believe in a cooperative work environment that encourages the unique skills of each individual. With dedication to the highest quality craftsmanship, we create a pure, unique wool bedding while providing excellent customer service. As pioneers in the American natural mattress and bedding industry, we strive to demonstrate the use of proper materials, production techniques and lifestyle principles with commitment to sustainable industry practices.*

In addition to being free of toxic chemicals, sleeping on wool offers other benefits as a material:

- People sleeping with wool bedding have a lower heart rate, less sleep disturbance, and increased duration of beneficial REM sleep.
- Wool thermo-regulates and is remarkably comfortable in all seasons.
- Wool wicks moisture away from your skin, helping your body maintain an even temperature throughout the night and across all seasons.
- Wool is naturally mold and mildew resistant.
- Wool is naturally fire-resistant, so there is no need for fire-resistant chemicals.

I have evaluated the materials used to make Shepherd's Dream beds and bedding and found them to be among the least toxic materials that I know of that can be used to make beds and bedding.

Shepherd's Dream is committed to using the highest quality raw woolbed materials available.

All Shepherd's Dream products are made from two materials: eco wool and organic cotton, in various forms.

### **Eco Wool**

All Shepherd's Dream products are filled entirely with their own Premium Eco Wool Batting. Eco Wool is entirely derived from local flocks of sheep that are raised following specific Shepherd's Dream criteria that ensures top quality wool.

This wool is then turned into batting at the Woolgatherer Carding Mill, located down the road from Shepherd's Dream.

It is also made into a textile, used for the casing of the wool mattresses and mattress protectors. It is produced in the U.S. using the finest of wool fibers available. The elimination of harsh chemicals in processing allows this fabric to be soft, durable and long lasting.

Eco Wool is not certified organic but goes beyond organic. At this time very little organic wool is available on the market; almost no organic wool is grown in the United States. Eco Wool is actually cleaner and of higher quality than the organic wool currently available.

Eco Wool is produced to the highest standards; some of which are beyond those specified for organic materials. Their wool growers agree to raise their sheep humanely following sustainable criteria. The sheep are not harmed during the shearing process and the wool is processed without the use of chemicals.

Eco Wool is a blend of about seven different types of wool varying from fine to coarse in order to create the most ideal wool fiber for use in bedding. They prefer the quality, loft and sustainability of their Premium Eco Wool, but they can special order certified organic wool from New Zealand for you, on request.

## Organic Cotton

Shepherd's Dream uses two different types of organic cotton in their wool bedding line—a thicker sateen for their wool-filled mattress toppers and pillows, and a silky smooth lightweight sateen for their comforters and pillow cases. Both are grown and manufactured in the USA from the same source.

“Though our preference is to use all local raw materials, sometimes we have to compromise a little in order to find materials that will create the highest quality products we can dream up.”

To the best of my knowledge, this is the complete list of materials used to make the products listed in the Recommendation.

## Buttons and Thread

Any buttons needed are made from wood. Sewing thread is organic cotton, tufting thread is made from sturdy linen.

After sleeping on a Shepherd's Dream wool mattress with all the wool bedding in my own home for more than 15 years, talking with Elaina for more than two decades and more recently with Sarah, and watching Eliana express her love for wool through innovative design, I recommend the Shepherd's Dream products listed in my Letter of Recommendation as products that are not only unlikely to do harm to the user under normal use, but will certainly give benefits to the user that contribute to a good night's sleep.

*Debra Lynn Dadd*

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