

Bed bugs are pests, but they do not harm the structure of a home. Even so, they can still transfer harmful diseases. These insects are successful because they are too small to notice. Have you ever wondered why bed bugs are a serious problem to your health, furniture, and lifestyle?



A home overwhelmed with bed bugs will need the help of an exterminator. Knowing about the [bed bug exterminator cost](#) in your area will help you save for and schedule a treatment. Trained and experienced pest control professionals know how to handle a bed bug infestation. They have the right chemicals that can eliminate bed bugs but keep your household safe.

Bed Bug Infestation

The eggs of bed bugs are about the size of pinheads. They are pearly white when less than five days old. These eggs develop an eye spot if they are already more than five days old. The average lifespan of bed bugs is about six to 24 months. These minute insects feed every

three days or even every week. They can also survive for months to about a year without any food supply.

These pests can thrive in shelters, hotels, dormitories, apartments, and homes. You can also find them on ships, trains, and buses. They are so small that they can get into even the cleanest of homes. Bed bugs can hitchhike and live in your closet, mattresses, boxes, and furniture. These pests are common in households whose members travel all the time or entertain guests.

The Problem With Bed Bugs

Having bed bugs in your home can be annoying, irritating, and hazardous to your health. These pests may not target the structures of your home, but they can interfere with your lifestyle. You need the expertise of exterminators if bed bugs are causing serious problems already. Here are some of the significant issues that you can face during a bed bug infestation:

1. Inadequate sleep

A severe bed bug infestation can cause severe itching and bites. This can lead to insufficient sleep. Even the thought of crawling insects on your skin will keep you up all night. This can leave you mentally and physically exhausted the next day. Insufficient sleep can result in appetite loss, lack of concentration, accidents, and heart diseases. It can cause family conflict and even low productivity.

2. Secondary infection

Bites from bed bugs tend to be itchy. They can lead to a strong urge to scratch until the itchiness fades. These pests often bite while you are asleep in the middle of the night. You scratch the itch unconsciously. Fresh wounds then appear in the morning.

Tiny open wounds may not be that much of a problem, but the infection caused by bacteria can be problematic. The wounds can expand without any treatment. The redness around the wound, tenderness, and swelling are symptoms of a bacterial infection of the skin. This can even lead to boils, cellulitis, and impetigo.

3. Stress and anxiety

It is not mentally healthy if you live in a household taken over by [bed bugs](#). This can be

frustrating and stressful. The home is supposed to be your sanctuary and place of rest. Constant bites and damage to the curtains or bedsheets can be disturbing. This stressful environment can lead to anxiety. Emotional and mental distress can lead to health issues and bad habits.

You can develop various infections, high blood pressure, and increased heart rate without the help of professional exterminators. Stress and anxiety can affect your digestion and state of mind. Any disturbance in the digestive system affects the immune system. This then leads to the onset of harmful conditions. This is why many people look for remedies for stress symptoms, such as by consuming [delta 8 gummies](#) and other THC products that help to relax them.

4. Allergic reactions

Bed bug bites can trigger allergic reactions in some people. This could lead to life-threatening episodes. Anaphylactic shock may occur in people who have extreme allergies to insect bites. Tightness of the chest, wheezing, throat constriction, itchy lips, and tongue swelling will need medical attention right away.

A Bed Bug Infestation Can Lead to Serious Problems Without Professional Help

Bed bugs do not cause significant structural damage to your home. They do affect your health and lifestyle on a deeper level. You can suffer from severe mental and emotional disturbances. These will then trigger physical disorders. Seeking the help of trained and experienced bed bug exterminators will help prevent these disorders from worsening into life-threatening conditions.