



CAN YOU SLEEP WITH A TAMPON?

It's a question we've all asked — the short answer is, yes! There are just a few things you need to know.



SLEEPING WHILE WEARING A TAMPON

Rest assured, if tampons are your preferred period product, you can sleep in one for up to 8 hours.

Before you do, here are some things you might want to know:

- Be sure to follow package instructions
- Only wear tampons when you're on your period
- Try using the lowest absorbency you need
- Set an alarm reminder to get up and change your tampon
- If you're worried about leaking, you can always use a liner as backup

On heavier days, you might want to switch to pads for a little extra security. We recommend trying U by Kotex® Balance™ for teens and U by Kotex® Clean & Secure™. With an elevated CushionCore™ that absorbs instantly for up to 100% leak-free protection, you can feel comfy and secure all night long.

SLEEPING LONGER THAN 8 HOURS

Keeping your tampon in for too long can be harmful to you and your body. In rare cases, this can lead to toxic shock. But that doesn't mean you can't sleep in on your period! Just try U by Kotex® Clean & Secure™ Overnight pads instead — they give you 360° protection, so you're covered no matter how you sleep.