

Create A Sleep Sanctuary To Promote Rest



Evaluate your space and adopt simple practices to improve your sleep environment

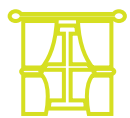
The bedroom should be the most luxurious place in your home—clean, organized and a place of rest. Simple practices may make the difference to create the ideal sleep environment you need to wind down from the day's activities and catch some quality Zzzz's.

Choose two new practices to improve your sleep space; take what you like and leave the rest. It's all about adopting supportive practices that complement your lifestyle. You get to be the designer, so choose bedroom colors, textures and sleep space practices that speak to you.

PRACTICES



CLEAR THE CLUTTER. The bedroom is one of the most neglected places in the home since it's not always on display for others to see; however, clearing the clutter physically creates more space mentally to find peace when you need it most—as you prepare for a good night's sleep. Feng shui experts suggest keeping the space underneath your bed clear and uncluttered to allow the chi to circulate.



TURN THE LIGHTS DOWN. Light is a natural cue for the body to 'wake up!' so try dimming your bedroom lights or use a small reading lamp to light your space 1-2 hours before you hit the pillow. Consider using room darkening shades to eliminate light coming in from outside.



KEEP A COOL CLIMATE. Our body temperature rises during the night, making the ideal bedroom temperature around 65 degrees Fahrenheit. So, turn down the thermostat and see how this temperature change affects your sleep quality.



COMMIT TO A TECH-FREE ZONE. Blue light after dark can be a surprisingly powerful sleep disrupter. Make your bedroom a "technology-free zone," allowing yourself to disconnect from all screens at least 45 minutes to 1 hour before bedtime.



ADD AROMATHERAPY. Linen sprays and essential oil diffusers are great tools to add to your bedtime routine. The best scents for sleep include: Lavender, chamomile, cedar wood, and orange.



FIND THE RIGHT NOISE LEVEL. While asleep, it is best to keep the environment quiet, but it all depends on your personal preferences. Experiment with white noise from a fan, air purifier, essential oil diffuser, sound machine or no noise at all.