



Sleep Well,  
Live Well

**Chapter 3, Lesson 1:** Creating a Sleep-Friendly Bedroom

A sleep-friendly bedroom promotes sleep through comfort and relaxation.

Did you ever consider that your bedroom could be hindering your sleep? One of the first steps to improving your sleep is ensuring that your bedroom promotes good sleep. This week, you'll learn how to make your bedroom more sleep-friendly. You'll also learn about one of the most effective ways to help improve your sleep: regular exercise!

## Characteristics of a Sleep-Friendly Bedroom

Try these suggestions to make your bedroom more conducive to sleep!



### Ideal temperature

According to the National Sleep Foundation, good sleep usually occurs between 60 and 67 degrees Fahrenheit. If this recommendation sounds too warm or too cool, choose a temperature that is comfortable for you.

**Take action:** Find your ideal sleep temperature.



### Dark or dim light

As you learned in Chapter 2, your body's natural rhythm is set by its exposure to light. If your room is too bright, you may have a hard time sleeping as your body will think it is still time to be awake. Dim the light or keep the room dark so your body knows it is time to sleep.

**Take action:** Make your bedroom as dark as possible.



### Quiet

Even when you're sleeping, your brain is still working. If it hears noise, you may not sleep as deeply as you should. Eliminating outside noise through the constant noise of a fan or white noise machine, ear plugs or air purifier can be helpful.

**Take action:** Determine how you can eliminate or reduce noise in your bedroom.



### Calming

Your bedroom should be where you go to relax and unwind. Decorate this room in a style that pleases you.

**Take action:** Update your bedroom to make it an environment that soothes you.



### Clean and organized

Keeping your bedroom clean can also help for a calm environment and help you stress less before bed. This also helps to prevent sleep disruptions due to allergens like dust.

**Take action:** Make it a habit to clean and organize your bedroom regularly.



### Comfortable bed

Choose sheets, pillows and a mattress that you find comfortable and soothing. If you're not already in the habit of regularly washing your sheets, blankets and pillows, get to it! This simple act can help you feel more comfortable in bed.

**Take action:** Create a comfortable bed and keep your sheets clean.

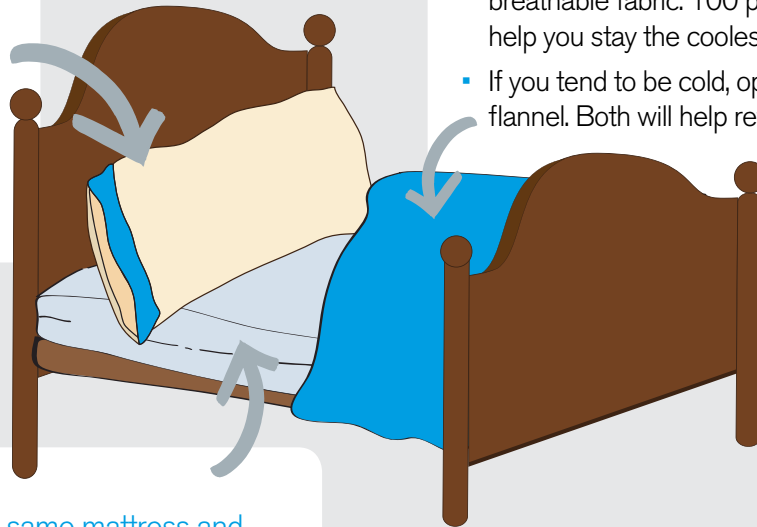
## Creating a Comfortable Bed

If you are not getting a good night's rest, your bed could be the culprit. See how your bed stacks up against these questions!

### Do your pillows support your shoulders and spine?

Choose a pillow based on your sleeping preference.

- Stomach sleepers will find comfort with soft pillows.
- Back sleepers tend to prefer pillows of medium firmness.
- Side sleepers can benefit from the extra support of firm pillows.



### Are your sheets right for you?

Yes, sheets matter! They can help you be comfortable and prevent you from waking up due to temperature.

- If you tend to run warm while sleeping, cotton is your best option as it is the most breathable fabric. 100 percent cotton will help you stay the coolest.
- If you tend to be cold, opt for silk or flannel. Both will help retain heat.

### Have you been sleeping on the same mattress and box spring for longer than you can remember?

Over time they wear out and become less comfortable and supportive. It is recommended you change your mattress and box spring every 8 years.

### Do you find your mattress comfortable?

Your mattress should be comfortable for you. Some people like soft mattresses and other prefer hard ones.

### Do you wake up with aches and pains?

It is important that your mattress supports your body. If you wake up with aches and pains, it may be a sign to evaluate your mattress.

## Next Steps

- ★ **Read Lesson 2:** The Dangers of Junk Sleep
- ★ **Read Lesson 3:** Better Sleep Found by Exercising on a Regular Basis
- ★ **Take Chapter 3 Quiz**

### Sources

1. [www.sleepfoundation.org/sleep-news/six-tips-design-the-ideal-bedroom-sleep](http://www.sleepfoundation.org/sleep-news/six-tips-design-the-ideal-bedroom-sleep). National Sleep Foundation: Six Tips to Design the Ideal Bedroom.

2. [www.bettersleep.org/better-sleep/how-to-sleep-better/the-ideal-bedroom/mattresses-pillows-and-sheets](http://www.bettersleep.org/better-sleep/how-to-sleep-better/the-ideal-bedroom/mattresses-pillows-and-sheets). The Better Sleep Council: Mattress, Pillows, and Sleep.

3. [www.ncbi.nlm.nih.gov/pubmed/17597575](http://www.ncbi.nlm.nih.gov/pubmed/17597575). Applied Ergonomics: Grouped Comparisons of Sleep Quality for New and Personal Bedding Systems.