OPTIMIZE YOUR SLEEP IN 2021

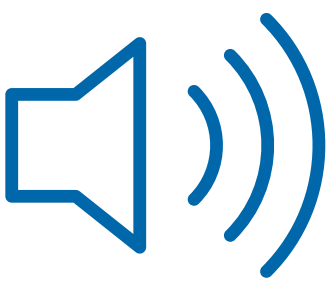# 5 WAYS TO CREATE THE IDEAL BEDROOM ENVIRONMENT

Preparing for a good night's sleep starts with giving yourself the best sleeping conditions possible.

SOUND

A quiet bedroom lends itself to sleep. But that doesn't mean all noise interferes with your ability to go to get quality rest. White noise has been shown to help people wake up less frequently if they're sleeping in a noisy environment because it helps narrow the gap between loud and quiet moments throughout the night.

TEMPERATURE

The temperature in your bedroom should ideally be between 60-67 degrees Fahrenheit. Your body cools down as the night goes on, and going to sleep helps facilitate your body's cooling process. This lends itself to deeper, better sleep.
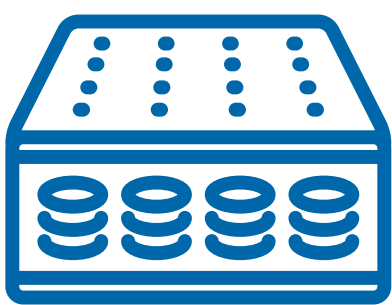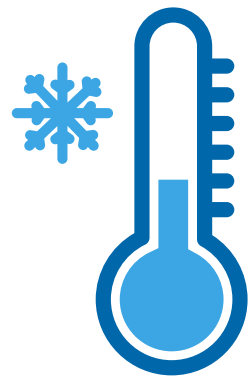
MATTRESS

When was the last time you changed your mattress? Experts recommend shopping for a new mattress every 7 years, or when it starts sagging; back pain may be another sign.

PILLOW

A pillow provides support for your neck and shoulders, which is why it's important to replace it every 12 to 18 months, or 3 years, for a memory foam pillow. And if you notice it's become disformed (flat or lumpy) you should replace it sooner.
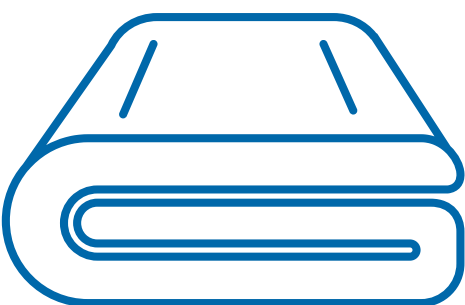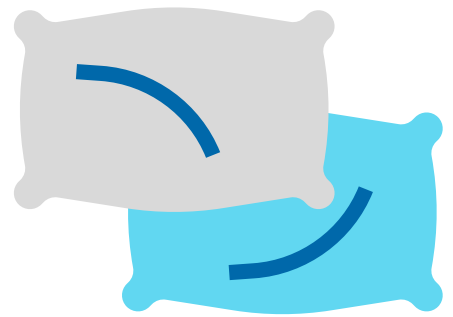
SHEETS

When you sleep, you shed dead skin cells, sweat, and interact with dust mites--all reasons to wash and change linens once a week. Doing so protects your skin, helps with allergies, and even promotes airflow to keep you cool. Material matters, too: while synthetic fibers trap heat, quality cotton with a satin finish or moisture-wicking sheets promote more restful sleep.

For even more tips on how to create a better sleep environment:
https://tinyurl.com/use-sleep-cycle

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Farokhnezhad Afshar, Pouya et al. "Effect of White Noise on Sleep in Patients Admitted to a Coronary Care." Journal of Caring Sciences vol. 5,2 103-9. 1 Jun. 2016, doi:10.15171/cs.2016.011y text