



Improve Sleep Health: Building a Better Bedroom

We spend about a third of our lives in bed, but why aren't we getting the rest we need? It might have something to do with your room! Here's how to build a better bedroom so you can sleep much better at night.

The National Sleep Foundation recommends that your bedroom be a sanctuary of calm and relaxation in order to make sure your body is truly relaxed before and throughout bedtime. Whether your room is large or small, here are some simple tips to create a space that will help you sleep easier.

There's no better way to end a long day than going to bed in a room built just for you.

1. Light Reduction

Create a bedroom that is as dark as possible. There should be no light being created in the bedroom from technology devices, lamps, or from outside buildings. Use curtains or blackout blinds to reduce to help reduce outside light sources.

2. Decorate the room with items you love

Decorate your bedroom to make it a space you look forward to spending time. Make your bed every morning and keep your bedroom neat and clean to reduce stress and create a relaxing environment.

3. Keep the room cool

Your body temperature is lower while sleeping. Therefore, creating a cooler room temperature will help to trigger the body from a state of wakefulness to sleepiness. Keep the temperature in your bedroom between 60 and 67 degrees.

4. Seek comfort

Are you comfortable when you sleep? Ensure that the type of mattress you have meets your preference. You may need a more firm or softer mattress to ensure you are comfortable and relaxed throughout the night. What about your pillows? Your pillow may be causing muscular pain and sleeplessness. If this is the case, it's time to make a change. Try switching to a different style of pillow that will provide more neck support and meet your comfort needs.

5. Limit Noise

Do your best to limit any noise and distractions in your bedroom that may wake you. TVs in the bedroom are not recommended by sleep professionals as they often cause a distraction from sleep. Try creating a constant background noise in the bedroom by using a fan or playing music.

6. Refresh the room with a scent

The use of scents has shown to help with improving relaxation. Lavender is the most popular scent and has proven to be helpful in lowering blood pressure and heart rate. Scents like mint and citrus are often used in the morning as they possess invigorating qualities.

Source: National Sleep Foundation

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