



# Making your bedroom Sleep Friendly

“In a Nutshell”

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**Good sleep habits have been linked to better weight control and improved mood. Additionally, getting enough sleep gives you the energy you need to get up and get active.**



Here are five ways to make your room more sleep-friendly.

- **Adjust the thermostat**

Try lowering the temperature in your room. Studies have shown being too warm can disrupt your sleep, and a cool room and comfortable bed are ideal.

- **Turn down the lights**

It's probably a no-brainer that you should turn off the lights before you go to sleep, but turning them down as you get ready for sleep or start winding down for the night is also a good idea. Keeping the lights on tricks your body into thinking it's still daytime, so by keeping things dim you'll start producing more melatonin.

- **De-clutter**

Having too much extra stuff around can be stressful. So, cut down on your stress by removing excess clutter from your bedroom. Bonus points if you take the time to dust in all those places you haven't seen in a while.

- **Change your sheets**

Studies show people are more excited to go to sleep when they have fresh, clean bed linens. Wash your sheets at least once a week to keep them fresh.

- **Create a sleep-only zone**

Being in bed tells your body that it's time for sleep. But if you spend time in your bed doing other activities like reading or browsing the internet during the day, that mechanism won't work as well.

*This 'In a Nutshell' documents is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or condition. Always check with your doctor before changing your diet, altering your sleep habits.*