



Sleep | Create a Sleep Sanctuary

Your bedroom can have a bigger impact on sleep than you think. Here's what to do and what not to do with your bedroom design.



DON'Ts

DOs

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| <ul style="list-style-type: none"> ✗ Stop working on any task an hour before bed to calm mental activity. | <ul style="list-style-type: none"> ✗ Keep your bedroom for sleeping — remove office furniture. | <ul style="list-style-type: none"> ✓ Minimize light with window blinds or heavy curtains. | <ul style="list-style-type: none"> ✓ Create a positive sleep environment with a sound machine. |
| <ul style="list-style-type: none"> ✗ Avoid having your alarm clock face the bed. | <ul style="list-style-type: none"> ✗ Keep food and snacks out of your bedroom. | <ul style="list-style-type: none"> ✓ Have a lamp on a bedside table. | <ul style="list-style-type: none"> ✓ Have an oscillating fan or air purifier. |
| <ul style="list-style-type: none"> ✗ Keep electronics away from bedside. | | <ul style="list-style-type: none"> ✓ Make sure you have the correct size and type of mattress. | <ul style="list-style-type: none"> ✓ Give pets their own space off the bed. |