

7 SIMPLE STEPS TO BETTER SLEEP

You'll rest better if you make your bedroom a sleep-friendly oasis. Here's how.



1

Create a relaxing space.

The bed should be an electronic-free zone: no cell phones, laptops or e-readers in or near the bed.

2

Dim the lights.

Have your lights on a dimmer switch or switch to low-wattage bulbs.

3

Keep it cool.

Most people sleep best when the room is about 20 degrees Celsius / 67 to 68 degrees Fahrenheit.

4

Choose comfortable pillows, sheets and mattress.

Pick what is right for you. Mattresses should be changed every 10 years, pillows every year or two.

5

Reduce noises.

Consider using a white noise machine or fan to provide a soothing background. Don't watch TV within an hour of bedtime.

6

Surround yourself with favorite scents.

Choose lavender, lemon, vanilla or a favorite scent that brings good thoughts.

7

Stick to a sleep schedule.

Go to bed at the same time every day, even weekends. Have a relaxing bedtime ritual.