



5

TIPS FOR STRESS-FREE SLEEP: OPTIMIZING YOUR BEDROOM ENVIRONMENT

MAKE SURE YOUR BEDROOM IS A QUIET, RELAXING, CLEAN, AND ENJOYABLE PLACE:

1

KEEP YOUR BEDROOM BETWEEN 60-67 DEGREES



Experts recommend a cooler sleep environment as hotter temperatures make falling asleep more difficult. A colder sleep environment is fundamental to reaching the deepest REM sleep.

2

MINIMIZE DISRUPTIONS



Numerous studies point out that external noise, often from traffic, can cause poor sleep and long-term health issues (*78 Trusted Source, 79 Trusted Source, 80 Trusted Source*). In one study on the bedroom environment of women, around 50% of participants noticed improved sleep quality when noise and light diminished (*81 Trusted Source*).

3

THINK TWICE ABOUT YOUR BEDDING



Investing in organic bedding free of toxic chemicals will promote healthier sleep, and may also help keep your body's temperature lower at night. *Naturepedic's* organic mattresses are made with certified organic cotton fabric and fill, helping to wick away moisture and keep you cooler while you sleep. As well, the organic wool toppers have excellent natural temperature-regulating qualities.

4

KEEP DEVICES OUT OF THE BEDROOM



Blue light exposure affects the body's melatonin production, circadian rhythm and can cause digital eye strain. *Some experts recommend* putting your tablet, phone and computer away at least two hours before bedtime, or turning on "night mode" on your devices. Make sure your bedroom is a quiet, relaxing, clean, and enjoyable device free place.

5

OPT FOR ESSENTIAL OILS



The "scent" of your bedroom can get you ready for sleep. Natural scents like lavender or eucalyptus have been *scientifically proven* to promote healthy sleep and relaxation. Making aromatherapy part of your nighttime routine will make it easier to relax and doze off.