Week 3: Creating a Sleep Friendly Environment

This week you'll learn <u>manageable changes</u> you can make to your environment that will help improve your sleep quality!

Bedroom Lighting and Noise

- Eliminate any extra light or noise by using black out curtains, a sleep mask, or soft ear plugs.

- If necessary, move phones and computers to another room or tape paper over light coming from plugs/chargers.

  - If light is coming in from under your door, place a rolled-up towel over the crack to block out the light.

- Look into "white noise" machines or a fan to block out any unwanted noise.

- Try not to use TV as source of white noise as it may end up keeping your mind alert and awake.

> If you live with roommates, try having a conversation with them about potential "Quiet Hours". This will help everyone get better sleep!

Unwind Before Bed

Sometimes the stresses of life keep us from getting the sleep we need. Before bed, take a few minutes to relax and calm your mind and body.

- **Play Relaxing Music on a Timer**
  - The timer ensures it's not playing all night and wakes you up.
  - Check Spotify or other music sites for pre-made playlists.
- **Aromatherapy Essential Oils**
  - Oil diffusers are a great way to fill your room with relaxing scents.
    - Lavender and vanilla are very calming.
  - Keep the lavender bag we provided near your bed at night, rub it over your sleeping mask or pillow!
- **Guided meditation or breathing**
  - Helps slow down your breath, relaxes your body, and calms your mind.
  - Available on phone apps and YouTube. Use Google to find one you like!
- **Clean out the clutter**
  - Keep a tidy room so that there are no distractions or thoughts about mess when

Week 3 Goals

- Try to identify one thing in your environment that may be disrupting your sleep and eliminate it by using the tips above.
- If you have a stressful day this week, spend 10 minutes before going to bed in a calm state. Meditate, listen to soothing music or even read a good book.
- Keep up with your sleep journals! Take note of any environmental changes you made this week and how they worked.

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You may have a sleeping environment that includes <u>pets or a partner</u>. If that is the case, here are some additional tips!

<u>Master the Art of Co-Sleeping</u>

- **Share the bed but try cuddling with a body pillow instead of your partner (they toss and turn a lot less!)**
- **Make sure you can actually get out of bed**
  - If you can, rearrange the bed so that both partners have the ability to get in and out of bed without climbing over each other.
  - This also ensures no one wakes up squished against the wall.
- **If you have the space/finances, upgrade to a bigger bed**
  - Sharing a full size bed with someone else leaves you with less than 27 inches of personal space. That's the width of a crib.
  - If you are sharing a room with two twin XL beds, try and push them together to allow for more space.
- **Get light weight sheets**
  - Sharing a bed makes the temperature increase quite a bit.
  - Try sleeping with just a sheet and having separate blankets in bed so each person can find their perfect number of layers without disturbing the other person.
- **Don't compromise bedtimes**
  - If you are on one sleep schedule and your partner is on another, don't force a compromise, go to bed at different times. Use the tips on the first page to minimize disturbances if your partner goes to bed after you.

Is your sleep being impacted by your pets?

- Pets can have a significant impact on your quality and duration of sleep.

- Pets that sleep in the same bed as their owners move around throughout the evening and can wake you.

- If you notice the presence of a pet disrupting your sleep, try having it sleep on the floor near your bed, or outside your room.