

SLEEP SMARTER. PERFORM BETTER.



sleep  number.

Super Sleep Spaces!

Sleep environments have a great impact on sleep quality. Follow these simple steps to create healthy sleep spaces at home.



Keep It Dark

The brain's sleep/awake cycle is designed to be tuned into light.

To send the signal that it's time to sleep:

- Close blinds or curtains
- Get a sleep mask
- Turn off screens

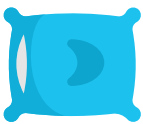


Keep It Quiet

Similar to light, loud or persistent noises can keep the brain in a state of alertness.

To find quiet:

- Get some earplugs—inexpensive and widely available in grocery and convenience stores!
- Try a fan
- Use a white noise machine or app



Keep It Comfortable

Just like Goldilocks, kids and adults sleep best in spaces that feel just right.

To find a Goldilocks set-up:

- Choose pillows, sheets and blankets that are comfy
- Wear loose-fitting, comfortable pajamas
- Aim for around 60-67 degrees



Keep It Relaxing

No matter the size, make it a spot whose purpose is to sleep.

To make a soothing sleep space:

- Keep phones and tablets away from your bed when it's time for sleep
- Write, draw or read something calming before bed, rather than view a screen
- Encourage kids to do homework someplace other than where they sleep