Super Sleep Spaces

Sleep environments have a great impact on sleep quality, and getting a good night’s sleep can help you wake up energized and ready to learn.

Try these suggestions to create healthy sleep spaces at home.

Keep it dark
The brain’s sleep/awake cycle takes cues from the level of light in your environment.

To send the signal that it’s time to sleep:
• Close blinds or curtains
• Cover your eyes with a sleep mask
• Turn off screens, like the TV or phones

Keep it quiet
Similar to light, loud or persistent noises can keep the brain awake and alert.

To find quiet:
• Use earplugs—look for them at grocery and convenience stores!
• Try a fan to create calming background noise
• 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 at night

Keep it relaxing
No matter the size of your room, make it a sleep-focused space.

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 if possible

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