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

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