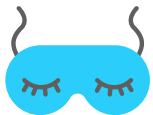KOHL'S Healthy at Home

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 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