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

For more sleep resources like this one, visit HealthierGeneration.org/SmarterSleep | #SmarterSleep