



Weekly tip: sleep well - improve your environment

- Today
- Plans
- Challenges
- Progress
- Discover

Provided by: Tictrac



Tictrac

Jun 04, 2021

A peaceful bedtime routine sends a powerful signal to your brain that it's time to wind down and let go of the day's stresses. Sometimes even small changes to your environment can make a big difference to your quality of sleep.

Whether you choose to transform your bedroom into a dark, cool and quiet place, or if it's just a matter of trying earplugs for each night this week, make it your goal to get a full 7-8 hours of sleep every night over the next seven days, and both your body and mind will thank you for it.

How to turn your bedroom into a sleep sanctuary

Try some of these simple tips to help transform your bedroom into a sleep haven.

- **Create a comfortable space.** There are simple steps that can make your bed a comfy place to sleep. Think about your pillows are they too firm or too soft? And what about your duvet, is it too thick or too thin? Spending some time to find the perfect combination of sleep accessories will help you drift off to sleep in comfort.
- **Remove all your devices.** There's a lot to be said for investing in a humble alarm clock! That way, you can leave your phone in a different room overnight, as even dim light from electronic devices can interfere with your body clock and affect your sleep.
- **Consider earplugs or an eye mask.** If your room is too bright, an eye mask is a simple way to block out any light that may be interfering with your sleep. And the same goes for earplugs. If you can't escape a snoring partner or noise from outside, earplugs are an easy way to block out any noise that might be keeping you awake.