

BEDROOM DOS AND DON'TS



DOS

Do Optimize Temperature: Keep the bedroom between 60°F and 67°F.

Consider comfortable, temperature-regulating bedding to prevent overheating (or becoming too cold) during the night.

Do Follow Good Sleep Hygiene Practices:

- Be consistent in your sleep routines. Go to bed and get up at the same time every day, and establish regular bedtime, or “pre-sleep,” practices.
- Create a restful environment. Keep the bedroom dark, cool, and comfortable.

Do Implement Light- and Sound-Regulating Measures: Try earplugs, eye masks, and blackout curtains. White noise machines, fans, essential oil diffusers, and humidifiers may provide rhythmic noise to fall, and stay, asleep to.



DON'Ts

Don't Allow Electronic Distractions: Prevent TV, tablet, laptop, and smartphone usage in the bedroom. Blue light emitted by these devices keeps you alert and attentive, conditioning your body to remain wide awake.

- Turn off or store your phone outside of the bedroom. If you use your phone to wake up, preset your alarm and switch to airplane mode. If possible, keep the phone across the room or out of arm's reach.

Don't Allow Live Distractions: Speak with your partner about bedroom etiquette, including sleeping elsewhere if he or she snores or moves frequently while asleep. If possible, keep pets and children out of the bedroom.

Don't Store Large Quantities of Water by the Bed: Hydrate throughout the day to prevent waking up from thirst. Drinking fluids close to bedtime can cause sleep to be disrupted by the need for bathroom trips. Avoid the temptation by not keeping large glasses of water in the bedroom.

Sources: CDC.gov, healthysleep.med.harvard.edu, MayoClinic.org, Sleepfoundation.org

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