Creating a Better Sleep Environment

Sleep. Getting a good night's sleep on a regular basis can do wonders to restore your body and power your mind. Adults need between 7 and 9 hours each night.

But if you have trouble getting a good night's sleep you may need to create a better sleep environment.

Follow this checklist to set your bedroom up to get the sleep you need.

Do: Dim the lights in your bedroom as you get closer to bedtime to signal your brain it is time to sleep.

Do: Use blinds and room-darkening curtains to make sure you sleep in a dark environment.

Do: Lower the temperature on your thermostat. Keeping your bedroom cool matches the natural process your body goes through to fall asleep.

Do: Choose a comfortable mattress, pillow and sheet set.

Do: Reduce the noise in your bedroom and surrounding area. A quiet night will help you fall asleep and stay asleep.

Do Not: Leave screens on in your bedroom. Blue light from screens can keep you up at night.

Do Not: Forget to silence your phone and other devices. Hearing notifications through the night can make it difficult to stay asleep.

Getting 7 to 9 hours of sleep a night is good for a healthy adult. Create the environment you need to fall asleep easily and stay asleep.

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