



Evaluate Your Bedroom Environment

It is time to review where the magic happens! Take stock of your bedroom environment, to prepare yourself for success.

As we covered the 5 main senses, it's time for a review of your bedroom, light is the most important sense so it is critical to pay attention to this.

Step 1 - Your bedroom makeover - 10 steps

1. Mattress - If older than 10 years old, it's time for a new one!
2. Pillows - If 18 months or older time for a new one
3. Bed Covers and sheets - If older than 24 months, consider a change, unless very high quality, which may have a longer shelf life.
4. Lighting - 40 watt light bulbs or less, low dimmer lights, sensor lights for any toilet trips at night.
5. Blinds - are they blackout? Or does light get in? Consider new blinds if that is the case
6. Temperature, if possible take the temperature, open windows, and air your bedroom. Regulate humidity with a humidifier or dehumidifier. Aim for 65F.
7. Minimize EMFs (Electromagnetic fields) in your bedroom. Shut off your wifi router in the house/apartment, when you go to sleep, leave your mobile phone on charge in another room.
8. Clothing, if you wear clothes to bed are they clean, light, and comfortable? If not purchase some new silky jammies!
9. Sound - Do your neighbors, spouse, outdoor noises keep you up? Consider white noise or earbuds.
10. Weighted blanket - Consider if you feel that your room gets too cold.

We are not medical doctors, everything on this list is a suggestion and for you to do your own research on what is best for you in terms of budget, quality and any potential negative health side effects. We are not affiliated with any product, but everything on this list is from personal use or from other sleep expert recommendations..

Sleep Product Suggestions

Earbuds I highly suggest buying earbuds, here are the ones I use and are very cost-effective from amazon - [Click Here](#)

Mattress and pillow recommendations from the national sleep foundation,

Mattress - <https://www.sleepfoundation.org/best-mattress>

Pillows - <https://www.sleepfoundation.org/best-pillows>

Sheets - <https://www.sleepfoundation.org/best-sheets>

Weighted blankets - <https://www.sleepfoundation.org/best-weighted-blankets>

Sound machine - <https://ihomeaudiointl.com/products/>

To help control bed and body temperature - Chillpad - [Click Here](#)

Light for the morning if you do not get natural sunlight -

<https://www.lumie.com/>

<https://european.humancharger.com/uk-shop/>

Lightbulbs - <https://healthelighting.com/>

Eye mask - <https://dreamessentials.com/>

Lavender essential oils - Go for products that are 100% natural, many found on Amazon or online. View the "Sleep - Essential Oils" PDF in your sleep folder for considerations with essential oils.

Blue blocking sunglasses - [Click Here](#)

Diffuser - [Click Here](#)