

Sleep Environment

Review the following and observe whether your current sleeping environment could be optimised

- Room tidy, minimal clutter
- Wall colouring neutral creams calming colours
- Bed linen calming colours no patterns, natural fabrics cotton
- Curtains calming colours, thick or blackout blinds or linings
- Several pillows washable varied soft, large and small
- No TV screens, monitors or create coverings
- Low light level bulbs, bedside lights, dimmer switches
- Water jug and glass by bed
- Clock without illuminated digital face
- Sleep Journal night-time awareness journal and happy memories journal by bed with pen
- Locks on doors for security
- Sound insulation or ear plugs
- Reduce or remove mirrors or cover mirrors at night
- Temperature of the room optimal between 60 and 67°F (15.6 and 19.4°C)
- Good ventilation, no drafts
- Calming night-time reading material
- Comfortable bed high quality mattress and topper

