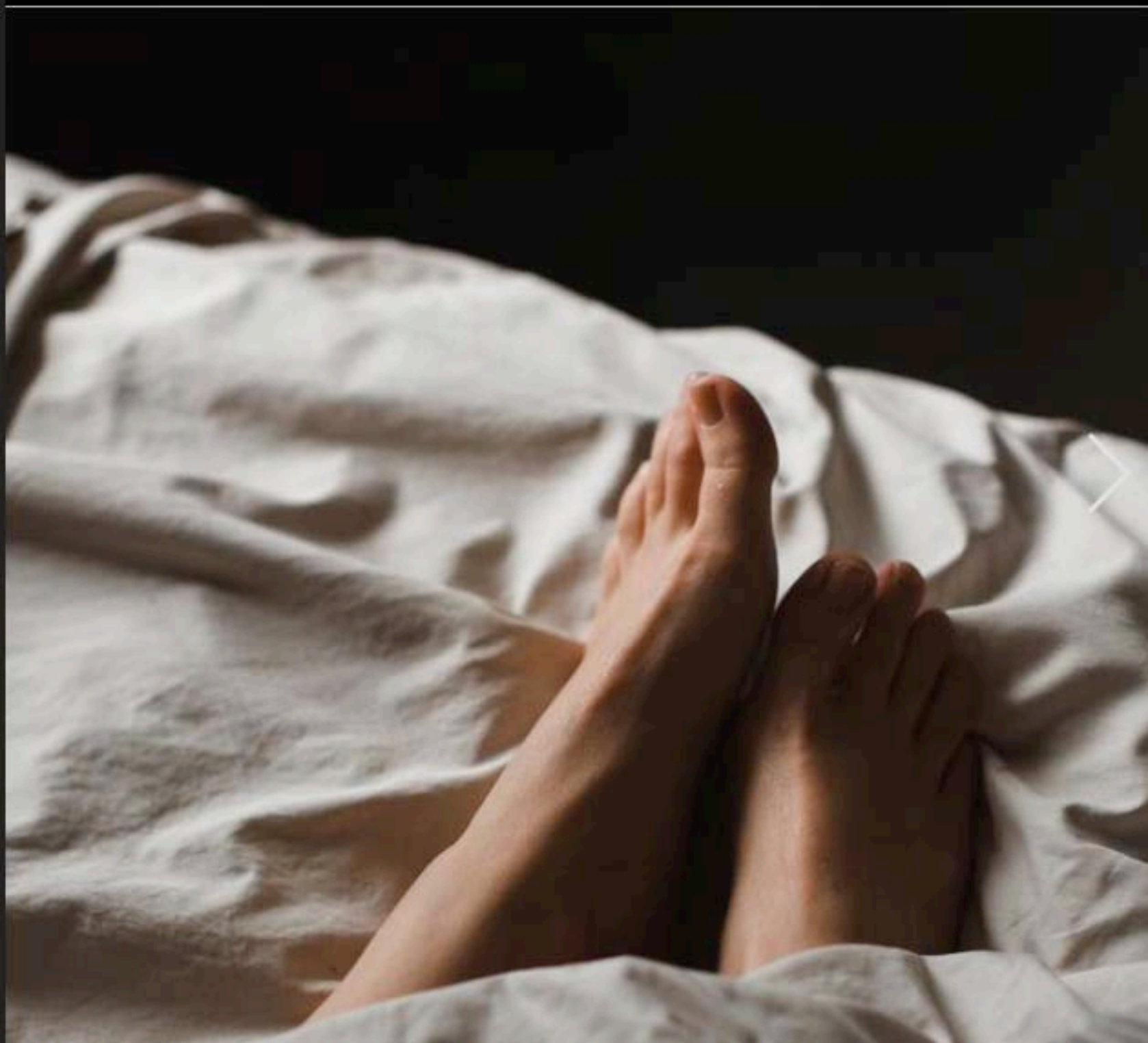


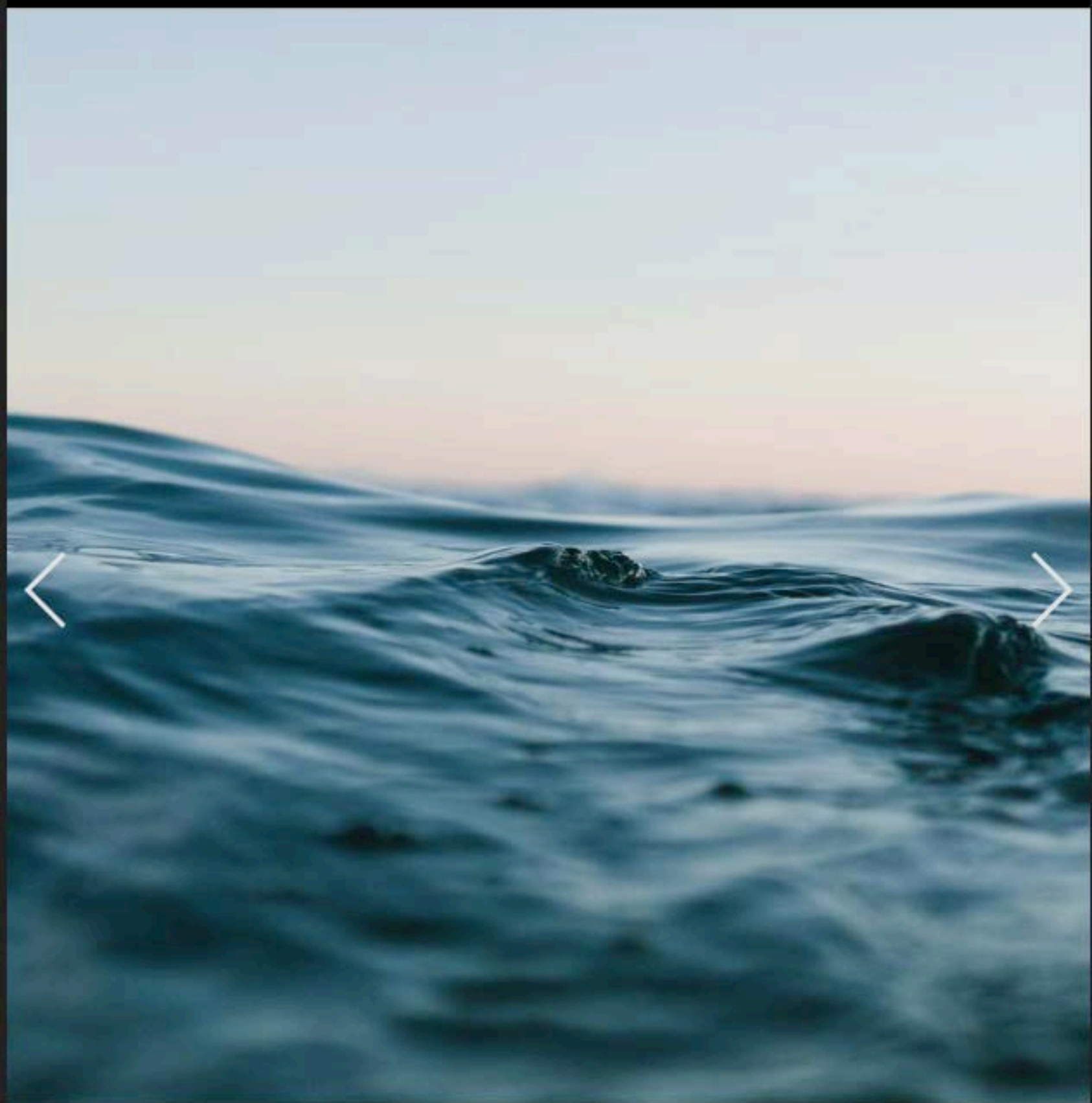
LEARN HOW TO CREATE A PEACEFUL SLEEPING ENVIRONMENT

Getting a full night's sleep is critically important to our health—both physical and mental. But for many people, falling asleep and staying asleep is challenging. To maximize sleep potential, ensure your sleep space is set up properly.

Swipe through to get tips for ensuring you have a peaceful sleeping environment.




The soothing sounds provided by a sound machine could be just what you need. Waves lapping on the beach, wind rustling through the trees, rainfall—many sound machines allow you to choose the most soothing sounds that help you fall asleep quickly.



A pillow can make or break a good night's sleep. If you're not 100 percent convinced your pillow is the one that serves you best, switch it out until you find one that works. You may already have another one in the house that is waiting to become your best pillow, or you may have to peruse the aisles of a nearby store in search of the right headrest for you.



Some wannabe sleepers might want to consider adding an aromatherapy diffuser to their bedroom decor. Scenting the air with lavender or vanilla essential oil can be relaxing and can help you drift off to sleep.

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Adjust your thermostat to an ideal sleeping temperature. Many people “sleep hot,” meaning they need the room temperature to be cool in order to sleep comfortably. In winter, this might mean turning the heat down, while in the summer, you might need to turn the air conditioning up.



Understand your body's response to caffeine—coffee, soda, etc.—and make adjustments if necessary. Some people can drink caffeine at 9 p.m. and zonk out with no problem. Others can't have caffeine past lunchtime or they're up all night. If you have trouble sleeping, consider whether caffeine could be part of the problem.



A dark room is where we do our best snoozing. If those stylish sheer curtains aren't keeping the neighbor's porchlight out of your bedroom, consider investing in heavier drapes, or perhaps window blinds. Also consider setting your bedside clock to its dimmest setting.