

Create Your Sleep Sanctuary



ESSENTIALS

Tips that you should implement right away

IMPORTANT

Tips that can help you upgrade your sleep hygiene

OPTIONAL

Tips that are nice to have as part of your sleep hygiene

Easy ways to improve your sleep



Sleep is very important to repair and regenerate our cells, to stay healthy, and to maintain high levels of energy, productivity, and performance throughout the day. One way to ensure that you get quality rest is by creating an inviting, appealing, and relaxing bedroom environment. Think of your bedroom as a sanctuary where you invite your body and your brain and you put them at ease, so they can relax, initiate, and maintain the sleep process throughout the night.

In this booklet you'll find tips that have been shown to provide excellent benefits when it comes to sleep quality.

The tips are divided in three categories: essential, important, and optional. Don't feel overwhelmed by making all of those changes at the same time. Make gradual adjustments by starting one new habit at a time and see which change is most effective; you may not need all of them. Also, be patient as your body can take a while before adopting a new habit. Start from the essentials and then move to the other categories. And if you can, apply the changes to every bedroom in your house - your kids' rooms and your guest rooms, too.

If you are struggling with sleep issues, and these tips do not help solve your problem, you might want to investigate and find the cause or causes. It could be stress or anxiety, sleep apnea, hormonal imbalances, even gut dysbiosis can impact the quality of your sleep. Our body is a very complex biological system and there may be external factors in the environment as well as internal factors related to certain chemical pathways that may affect the way you rest. Discuss your sleep issues with your doctor or, even better, find a functional medicine doctor as they use advanced testing to find the root cause, and they will develop a plan that is specifically for you.



ESSENTIAL

LIGHT

Light is the most powerful cue for our circadian rhythm, part of your biological clock that helps regulate sleep. An area in our brain called hypothalamus controls our internal clock based on light that comes through our eyes' optic nerves. When the brain detects light, it slows down the release of melatonin and it increases production of cortisol. This will promote wakefulness and, if it happens in the night, we have a problem.

It's best to sleep in as much darkness as possible. Keep your lights dim as you prepare for bed, cover all LED screens, and use blackout curtains to block the outdoor lights from your window.

An eye mask can do wonders if you can't achieve total darkness in the bedroom because our eyelids can't block sufficient light. Make sure it is made in a breathable fabric such as cotton or silk, and it's comfortable while having a fitted band.

If you need to get up in the night, maybe you have a little one to take care of, use motion-activated night lights but possibly away from where you sleep.

TEMPERATURE

It should be between 65-70 degrees Fahrenheit as the sleep cycle follows your body temperature cycle. If you live in a warm climate and you don't want to have the A/C on all night, you can install a ceiling fan. Many people keep their windows open to let cool air circulate, but this might interfere with sound (unless you live in a very quiet area) - more about this below.

SOUND

If you don't live in a quiet area, you may be subject to loud neighbors or outside traffic, or even your partner snoring. These noises can prevent you from falling asleep or they can wake you up during the night because the brain is always responsive to sound stimuli. For this, use earplugs or "colored noise" (white, pink, or brown) machine or sleep sound app that creates a uniform background sound that doesn't trigger a specific reaction from the brain. It basically protects your ears from other forms of disruptive noise by masking them, so your brain doesn't pick them up.

A photograph of a man and a woman lying in bed at night. They are both looking at their smartphones, which are illuminated by a soft blue light. The room is dark, and the bed has white pillows and a blue blanket.

IMPORTANT

BEDDING

Mattress: It should be firm enough to support your back and sleep position, whether you're a side, back, or stomach sleeper, but soft enough to fit the shape of your body. If possible, test a mattress for several weeks to make sure it is the right one, and plan to replace it after a maximum of 10 years.

Pillows: Get a pillow with an orthopedic shape if you suffer from neck and shoulder pain, or a high-loft pillow to keep your head upright if you tend to snore. Make sure you wash the covers regularly to avoid bacteria and allergens, and plan to replace your pillows every couple of years.

Bedsheets: Choose organic cotton or bamboo that are naturally breathable, and these materials also keep you dry if you live in humid environments.

AIR QUALITY

You should pay close attention to air quality since you're spending one third of your life in the bedroom! Ensure you have proper ventilation and avoid excess humidity (this can promote mold growth which is linked to insomnia in addition to other health issues).

TECH DEVICES

Ideally, you should keep the TV in a different room, or at least turn it off one hour (or earlier) before bedtime. Same thing for your tech devices (phone, computer, tablet, etc.): turn them off if they are in the bedroom so that your brain doesn't detect artificial light and noise, allowing your body to prepare for sleep. Exposure to artificial light before going to sleep (or even worse, during the night when you wake up) suppresses the release of melatonin. Limit your exposure to artificial light in the evening since it can misalign your circadian rhythm, interfering with your sleep architecture (stages and cycles in a night). When your sleep cycle is interrupted, you will have less deep, restorative sleep stages.

If you need to keep your phone on, put it on airplane mode so that it won't interfere with your sleep, but it will still let through emergency calls from approved contacts, and it will still wake you up if you use it for your daily alarm.



OPTIONAL

PETS

Train your pets to leave you alone during sleep time. I know, this is very difficult, but sleeping with your dog or cat can disrupt your sleep as they often move around, snore, or want to play, and if you're a light sleeper, they may wake you up.

WALLS

Choose light shades of blue, purple, and green as these colors are associated with feelings of calmness and relaxation, including neutral colors (gray, white, and beige). If you have been thinking about renovating your bedroom, now might be a good time!

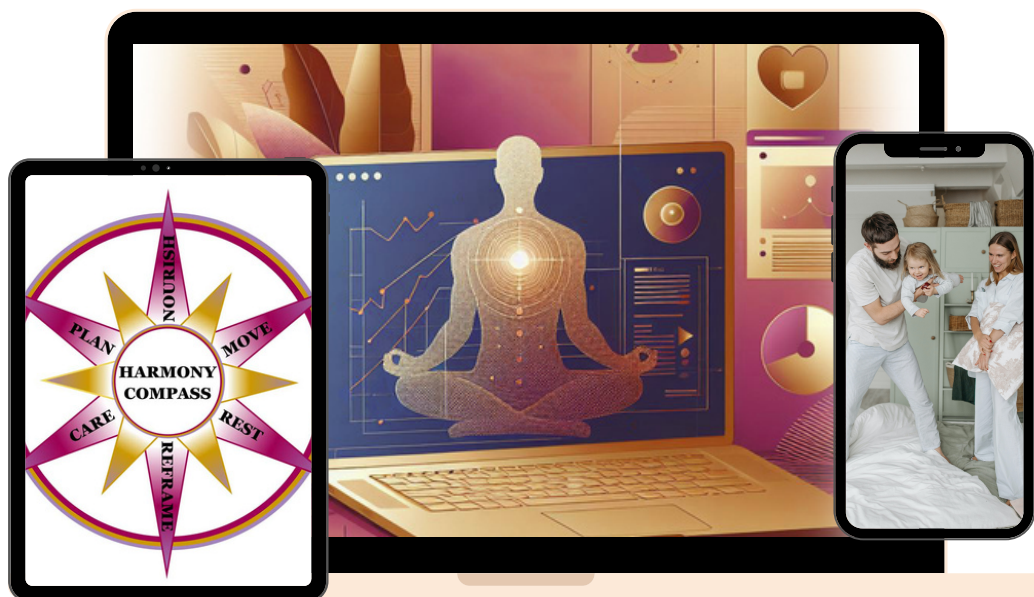
SCENT

Add some soothing and calming scents! Aromatherapy with essential oils can be fantastic: lavender promotes relaxation, chamomile is sleep-promoting. A few drops in your diffuser or a light spray will be a great enhancement.

CLUTTER

Avoid clutter! Clutter can negatively influence our physical and mental health because it can worsen allergies due to a buildup of dust mites, mold, germs, and more, and it can increase stress and anxiety (we need to be calm and relaxed to fall and stay asleep!)

Do not keep bills, papers, and other "stuff" that can contribute to a messy bedroom: use drawers in your nightstand to keep everything organized, keep your clothes out of the way, in your closet or in a dresser... you get the idea! Also, keep your bedroom clean daily.



Need help to upgrade your life?

SIGN UP FOR LIFE-WORK BALANCE!

Life-Work Balance is a 6-month program that helps you master goals of any type, whether they are related to your personal life or your career, such as nutrition, movement, sleep, stress/anxiety/burnout, self-care, and time management.

Life-Work Balance combines epigenetics with neuroscience, chronobiology, and positive psychology, allowing you to optimize your inner resources, boost your energy and focus, and increase your productivity and performance while you improve your wellness.

During the program, I'll help you create customized habits and maintain momentum so that you can achieve your goals better and faster.

APPLY NOW



I'm a Holistic Precision Life and Wellness Coach and the creator of the Life-Work Balance System helping you live and work better by prioritizing yourself with customized lifestyle changes.

The body is a complex, interconnected system, and many factors can influence our everyday life. By creating an optimal homeostatic balance in your entire body (working on your foundation first), you will become faster, stronger, more productive and successful, and you will shift your mindset from "fixed" to "growth" for extraordinary results.

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