



REST  
OPTIMISE  
HOME

## Here are 5 simple improvements you can implement straight away to turn your bedroom into a your sleep sanctuary.

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### 1. CONSIDER THE COLOUR OF YOUR WALLS

The colour you choose to decorate your bedroom with can play a part in the quality of your sleep, so it's important to select your colour pallet carefully. Warm colors will tend to create a stimulating effect, whilst cooler colours, such as blues, pale greens and greys will produce a more calming and relaxing atmosphere.

Good colour choices to benefit sleep are soft, muted shades. Darker tones such as deep plums or rich burgundies can create a very luxurious and cosy environment creating more of a cocoon like effect. Try to stay away from high-energy colors like bright greens, strong reds, or bold, vibrant shades.

### 2. LOOK AT YOUR LIGHTING

Another important consideration is your choice of lighting. This will have a dramatic effect on the atmosphere of the room. Make sure you use warm toned light bulbs. This will make the room feel cosy and ideally you should swap your switches for dimmers so that you can dim the lighting levels.

It's widely known that blue light from mobile phones and tablets can trick our mind into thinking it's daytime disrupting our sleep, but it turns out that bright lights can have a similar effect. If your lamps or lighting don't have dimmer switches, another option is to swap your regular bulbs for a wifi-enabled version such as Philips Hue. Not only will these bulbs allow you to control the brightness but you can also adjust the light color temperature. Moving into the orange spectrum at night will help you relax, whilst white or blue will help you to feel energized in the morning.

### 3. FLOORING

What to put on your floors depends very much on your own personal preference. Some people love carpets in a bedroom whilst others prefer harder finishes like timber. If you do opt for a hard floor finish consider introducing a rug, not only are carpets and rugs soft underfoot when you get up in the morning, they will also help muffle sounds that might otherwise keep you awake.

#### 4. BLACK IT OUT

Street lights and morning light can be disruptive to sleep. Blackout curtains and blinds are always a smart choice to create the ideal sleeping environment. This is especially true in children's rooms. I recommend a blackout roller blind and a roman blind; or curtains with blackout lining to ensure the room is completely dark. It might just buy you that life-saving extra half-hour's sleep in the morning.

#### 5. BANISH SCREENS

I'm not a fan of TV's in bedrooms and if you want to get the best night's sleep possible you should consider making your bedroom a screen-free space. The kind of light you're exposed to can suppress the sleep-inducing hormone melatonin in the brain. A study by The National Sleep Foundation in the US, found that from a group of 1500 people studied across the globe at least two-thirds of those who watched TV an hour before bed didn't get a good night's sleep. The circadian clock, the body's biological timekeeper is disrupted by interference with the light-dark cycle. Light exposure from TV's and other screens tricks the body into thinking isn't still day time and delays the production of melatonin. So for a great night's rest, swap Netflix for a good book. You'll be bouncing out of bed in the morning.



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