

Counting Sheep Week 3

It's a game changer!



Evaluate Your Sleeping Space

You may not have considered how important your bedroom environment REALLY is to a good nights sleep and wake up routine. Is your room messy and disorganized? A messy room can feel chaotic, even if you don't realize it. This chaos is not conducive to winding down. Messes usually represent a feeling of "one more thing that needs to be done". Many people report that their "To Do" list is one of the things that keeps them awake at night. Going to sleep in a clean and peaceful bedroom where part of your "To Do" list isn't in front of you can be very relaxing. Below is a list of other suggestions that will making your bedroom the perfect sleep haven!

- Darkening shades
- Taking the TV out of the bedroom
- Declaring the bedroom a "no screen" zone
- A fan (cool air and sound)
- Cool environment
- Comfortable bedding
- Sound machine or soft soothing music
- Eye mask
- Aromatherapy (lavender is great for relaxation)
- Good book (nothing that will keep you awake)
- Don't drink large amounts of liquid before bed
- Keep your work desk and bills out of the bedroom

Best Bedroom Colors (In Order)

1st - Blue

Avg Sleep = Roughly 7.5hrs/night

2nd - Yellow

3rd - Green

Worst Bedroom Color

Purple

Avg Sleep = Less than 6hrs/night

