

## FAST FACTS

# Sleep environment

## Where you sleep matters

### To optimise sleep is to optimise life.

There are several elements to consider when optimising sleep:

- priming (what you do in the morning)
- sleep hygiene (how you set yourself up in the hours before sleep)
- sleep environment (the physical and emotional conditions of your bedroom)

In this fact sheet, let's consider the environment in which we sleep in order to promote the deepest, most restorative sleep. There are two sleep environments - one is the physical space including your bed, the room temperature, the light and any other elements like electronic devices. There is also your internal environment - how are you establishing a healthy 'bed head'?

### Physical environment

- Ensure your mattress and pillow are **comfortable** for your spine
- Keep it **dark**. If light comes into your room, it can suppress melatonin, our sleepy hormone. Use a good sleep mask and black out blinds
- Keep it **cool**. A sleeping environment of 18 - 20 degrees Celsius is ideal. You can be warm in bed as long as your climate is cool
- Keep it **quiet**. Where possible reduce noise inputs. Some people will be more sensitive than others - those people could invest in ear plugs or a white noise machine
- Reduce EMF exposure by keeping electronics like phones in a different room
- Ideally don't have your bed positioned above a power point

### Further resources

[Mattress Dr Rest](#)

[Loop sleep ear plugs](#)



### Internal environment

You might 'do' everything well in preparing your sleep zone, but if your mind isn't at ease, it might all be for nothing. To set up your internal environment well:

- **Resolve any conflicts** prior to bed (ideally several hours before)
- If work is on your mind, sit and write out all of the concerns or thoughts several hours prior to going to bed
- **Meditate, journal** or have a gratitude practice. This drives you into a parasympathetic state, therefore promoting sleep
- Keep a pen and paper next to the bed so if you're woken with a racing mind, you can put your thoughts on paper (and out of your head)
- Set **positive intentions** for the next day