The 30-Day SLEEP BETTER Challenge BEDROOM CHECKLIST

Turn Your Bedroom into a Sleep Sanctuary

Before we design your personalized sleep routine, let's transform your bedroom into the ultimate relaxation zone. A cool, dark, quiet, and clean room plays a huge role in how well you sleep. *We've entered the *Sleep Better Challenge* recommended bedroom adjustments below, feel free to add your own that you think will help you sleep better!

	Use blackout curtains or a white noise machine to block out sleep disruptors, light and noise
	Add a bedside lamp so you can dim the lights before bed
	Invest in a supportive mattress and pillows, and cozy bedding
	Declutter and/or clean your sleep environment to minimize the stress caused by a messy bedroom
	Adjust the thermostat to a comfortable and cool sleeping temperature (between 60°F and 71.6°F)
	Add an aromatherapy accessory such as an essential oil diffuser to fill the room with sleep-friendly scents
	Wear comfortable pajamas that help regulate your body temperature
RESULTS WITHOUT	