What's your sleep environment like?

POOR sleep environment = POOR sleep quality & quantity

Create a sleep conducive environment:

QUIET

Try to find a quiet room , if not use earplugs or sound generator to drown out noises.

COOL & HUMID

Optimum room temperature is 17 - 22°c , optimum humidity is 30 - 50%. If it's too warm, open a window or use a fan. If it's too dry, use a humidifier.

DARK

Make the room dark, use black-out curtains and when necessary an eye mask.

What's your sleep environment like?

Need help finding products to create your sleep conducive evironment?

Visit our website for a list of our preferred products:

https://sleepanddreams.com/?page_id=5899