

TIP # **5** **zestySleep**

# USE YOUR BEDROOM JUST FOR SLEEP

A lack of sleep is quickly turning into a public health crisis. This makes getting enough sleep more important than ever. Promoting healthy sleep behaviors enhances performance and allows you to experience life fully alert, engaged, and awake. Using your bedroom only for sleep is one great way to get a better night's sleep.



## ★ BEDROOM PROBLEMS ★



My wife loves to have a "heart-to-heart" conversation in the bed.



This no doubt relaxes her but amps me up in good or not so good ways.



If our conversation worries me at all, then I jump out of the bed hyper-aroused and tackle the To Do List.



My wife may not fully listen to my advice for you below but I encourage that you listen to the advice below if your goal is to fall asleep faster and with ease.



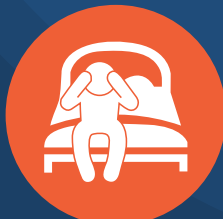
## USE YOUR BEDROOM JUST FOR SLEEP



It is used as an office & as an entertainment room right up until bed time.



People expect to just hit the lights and fall asleep. But the brain doesn't work that way



One of the biggest mistakes people make in their bedrooms is they try to cram too much in.



The more clutter and distractions you're up against at night, the harder it will be to transition into sleep.



**Your bedroom should be a calming, comfortable haven**

To encourage deep and restful sleep, your bedroom should be a cocoon. Designated for sleep and sex only.

## ★ CHECKLIST ★



- Create a sacred space for sleeping in bedroom.
- Remove any stimulating devices from TV's to bright lights.
- De-clutter your bed and bedroom to create a calming environment.
- Build a wall between work and sleep.
- Refrain from engaging in serious conversations or task in the bed.
- Love your pets but kick them out of the bed and big kids too.

**53%**

of pet owners report disturbed sleep on a nightly basis, many of them from sharing a bed with the animal or getting up to let it out.

## ★ CHALLENGE YOURSELF ★

**Change is challenging** Choose one of these tips a week and track your progress. Are you:



**FALLING ASLEEP FASTER?**



**FALLING ASLEEP EASIER?**



**Using your bedroom only for sleep is a great way to increase the quality of your sleep. Make sure you check out all of Zesty Sleep's 10 simple tips for a better night's sleep!**

**SOURCES:**

<http://www.health.com/health/condition-article/0,,20189096,00.html>  
<https://sleepfoundation.org/media-center/press-release/annual-sleep-america-poll-exploring-connections-communications-technology-use->