Maximize Your Sleep Space

Limit clutter - An organized room leaves an organized mind. Make sure your sleep space is tidy and welcoming.

Make it dark - This helps your body’s circadian rhythm. Try blackout curtains if your schedule doesn’t allow you to sleep during the night.

Make things comfortable - Fresh sheets and the perfect pillow can help make a difference when trying to fall asleep.

Keep it quiet - If your sleep schedule is different than your household, try ear plugs to help block out daily noise. Ensure smoke detectors and alarm clocks can still be heard with ear plugs in.

Pro Tip - Keep your bedroom a bedroom. Avoid eating, watching TV, or doing work in this room so your mind and body don’t associate it with anything but sleep and relaxation.

wellness.asu.edu