



Bedroom Makeover Checklist

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Keep your Room Cool: The ideal sleeping temperature is between 60-67°F.

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Limit Light Exposure: Use blackout curtains or an eye mask, and avoid screens 30-60 minutes before bed.

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Invest in a Comfortable Mattress and Pillows: Choose bedding that supports your sleep position and comfort.

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Declutter Your Space: Keep your bedroom clean and free of distractions.

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Limit Noise: Use white noise machines, earplugs, or noise-canceling headphones to block out noise.

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Keep a Consistent Sleep Schedule: Go to bed and wake up at the same time each day.