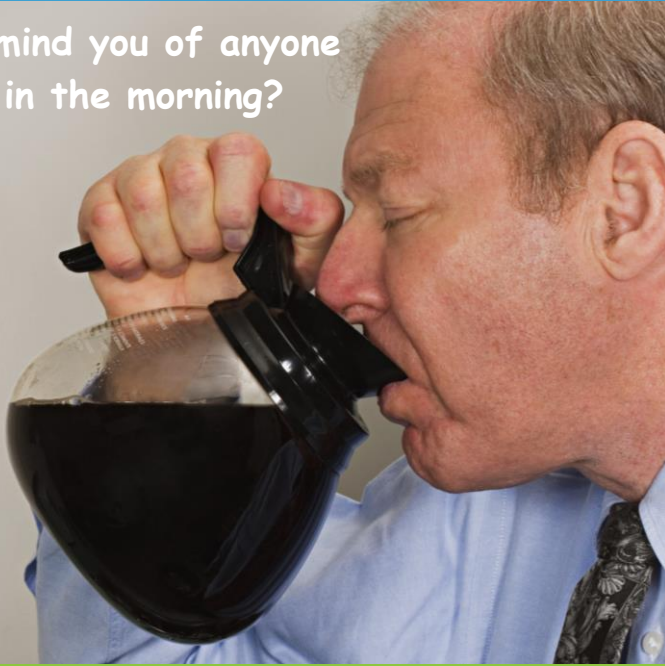


# NIGHT NIGHT SLEEP TIGHT

## SET YOUR ROOM UP RIGHT

Remind you of anyone  
in the morning?



Imagine you've had a week of good night's sleep.

How are you feeling?

***Refreshed.***

***Energized.***

***Ready to take on the day!***

When was the last time you felt like this? If you can't remember, you may be 1 of the 1/3 of Canadians who is sleep deprived. And it's impacting you more than you know. Sleeping less than 8 hours a night can increase your risk of obesity, cardiovascular disease, diabetes, lower your immune system and make you more susceptible to viral and bacterial infection.

## Is your room sabotaging the sleep your body is craving?

There are many things that we can do to ensure a good night's sleep. Some of them might be outside of your control: a roommate who snores, proximity to a busy street, or having a shift worker in your home. And some of them may feel overwhelming and difficult to tackle: changing your diet, exercising more, learning how to meditate. Consider a simple route to better sleep – your room setup.



Circadian rhythm is our internal body clock that tells us when to sleep, wake, and eat. Disruptions in this rhythm can greatly affect sleep cycles. Internal and external factors like body temperature, balance of light and darkness, and sound levels can shift these cues, disrupting the normal sleep cycle and preventing the repair and restorative action of deep sleep. Your bedroom plays a key role in the regulation of your circadian rhythm and the quality of your sleep.

**Have you S-L-E-P-T?**

# NIGHT NIGHT SLEEP TIGHT

## SET YOUR ROOM UP RIGHT

### Extreme Makeover – Bedroom Edition



**S**ound – Even if you don't share your space, even the simplest of noises can keep you awake at night throwing off your sleep/wake cycle. Dampen the noise with a white noise machine, a fan, or a good set of ear plugs.



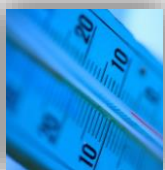
**L**ighting – Our circadian rhythm relies on a balance of light and darkness to regulate the production and release of the sleep hormone melatonin. Even the smallest amount of light entering your room can be disruptive to this process. Dim the alarm clock, invest in some blackout drapes, or wear a sleep mask.



**E**xclusive to Sleep - There are 2 exclusive activities for the bedroom. Sex and sleep. Sleep experts strongly suggest that you avoid watching television, reading from your tablet, or scrolling through social media on your phone while in your bedroom. According to the Journal of Sleep research, this can cause a delay in circadian rhythm and an association by the brain between the bedroom and activating stimuli making it more difficult to get to sleep.



**P**illows & Bedding - Your mattress, pillow, and choice of bedding can have a significant impact on the quality of your sleep. That 20-year-old mattress and pillow that feels like a hug may be the source of allergies, back and body pain, headaches, and a disruptive sleep. As you age, your mattress and pillow needs change as well. Talk to an expert and put some research into a mattress and pillow that fits your needs. Considering the health implications of sleep deprivation, it is well worth the time and investment. Can't afford a new mattress? Consider upgrading with a mattress topper!



**T**emperature - When we fall asleep our body temperature drops from 98.5 to 96.5 degrees Fahrenheit. For your best chance of drifting off, avoid activities before bed that raise your body temperature and keep your room at a cool but comfortable temperature. If needed use a fan to circulate the air. Researchers at UT Southwestern Medical Centre have found that "fluctuations in internal body temperature regulates the body's circadian rhythm." Temperature change becomes a powerful signal to our body clock through a cascade of cellular reactions.

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