

LIFELABS

A guide to getting better sleep



Comfort

The more comfy you are in bed, the better-quality sleep you'll get.

- As a general rule, the heavier you are, the firmer your mattress needs to be.
- Choose a pillow that continues the natural line of your spine.
- You may be allergic to dust mites without knowing it. If you have unexplained coughing at night you could try a mattress or pillow protector and washing bedding at 60°C.



Light

The light levels in your bedroom play an important role in the length and quality of your sleep.

- Ideally, the bedroom should be as dark as possible. Blackout curtains and blinds can make a big difference. Or an eye mask will do the job.
- The blue light from our phones and other screens makes our brain think it's time to be awake, so try to turn them off for an hour before going to bed.
- Dimmable lights are a great way to get yourself ready for sleep.



Temperature

Being the wrong temperature at night can interfere with your sleep.

- Use temperature to wind down by taking a hot bath then going into a cooler bedroom.
- Using sheets and blankets instead of a duvet lets you regulate your body temperature more easily.
- Around 80% of body heat escapes through a quilt, so if you tend to feel cold at night make sure you have a thick, warm duvet plus cosy blankets for extra layers.



Sound

Whether you're being kept awake by loud neighbours or woken up by bumps in the night, noise can severely interfere with your sleep.

- Furnish your bedroom with plenty of textiles like rugs and cushions to provide soundproofing.
- If you don't have double-glazed windows, choose curtains in a heavy fabric to help block out sounds from the outside world.
- Hanging a rug or throw on your wall can help muffle noise coming through thin walls.



Air

The better the air quality, the better you'll sleep.

- Having air-filtering plants is an excellent way of improving air quality. Aloe vera, spider plants and peace lilies are particularly good air-cleaners and look nice!
- Keeping a window open allows fresh air to circulate and helps keep humidity levels balanced.



Colour

Colours affect our mind in different ways. The most relaxing colours are blue, yellow and green. The least relaxing colour is purple.

- Stick to a limited palette of soft shades in your bedroom, and combine with natural woods and textiles to create a relaxing environment.
- Clear your sleep space - minimise distractions around your bed and use cushions and throws to add colours to bedlinen.
- Choose simple furniture to keep a feeling of openness. Drawers are handy for tidying things away inside and displaying nice things on top.