

## Six Ways to Ace Your Sleep Time!

*Redefining spaces with creative and thoughtful solutions for a good night's sleep<sup>1</sup>*



One of the best feelings is waking up the next morning after getting a good night's rest. Known to be one of the most underrated healthy habit, quality sleep is as important as eating well and exercising. Today, with our hectic lifestyles, stressful days, binge watching and increased screen time, we often deprioritise sleep. Beyond that, distractions within our bedrooms can hinder us from feeling completely rested they next day.

As our bedrooms are our sanctuaries – a space that articulates a sense of harmony and peace, it is important to pay attention to the little details that can help us sleep well for a better tomorrow.

Here are some quick and easy fixes to turn your bedroom into an optimal snooze space:

### 1. Feel the comfort

Achieving maximum comfort with the right mattress, pillows and quilt is the first big step to a good night's rest. A good mattress will provide you with the right support but what's equally important is the comfort you feel. With the perfect [pillows](#) and [quilt cover sets](#), you will be able to make the best out of your sleep time.

### 2. Block out the light.

Generally, having a darker room is perfect for a good night's sleep. To prepare your body, aim for a gradually darkening environment as it subconsciously gets you to start the physiological processes required for sleep. [Dimmable lights](#) are a great option. Opt for the ones that allow you to dim or turn it off from distance. Having limited movements just before you snooze makes it easier for you to drift off into the land of nod. An alternative option is an eye mask which can also help to ensure that you are protected from the light.

### 3. Keeping the right temperature

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<sup>1</sup> [The Big Home Reboot](#), IKEA, 2020



The next element to consider is temperature. Are you feeling cold at night? Are you sweating a lot while you sleep? It is good to ask yourself these questions as it helps you understand the distractions that can possibly affect your sleep. Setting your air-conditioning to the right temperature and choosing a [duvet](#) with the right thickness can reduce the amount of times you wake up at night, because you feel uncomfortable. In general, many of us sleep better in cooler rooms – an ideal room temperature is approximately 18-20 degrees. <sup>2</sup>

#### 4. Improve the air quality

Air quality is not the most obvious factor in getting a good night's sleep, but unclean air or unbalanced humidity levels in your home can disturb your sleep and affect your health. Consider having live plants such as the [Sansevieria Hahnii](#), also known as a birds nest snake plant to help filter indoor air. <sup>3</sup>Apart from that, to achieve optimal sleep, ensure your bedroom is well ventilated, the humidity should neither be too moist nor too dry.

#### 5. Silent night to doze off

Noise affects sleep as sound can stimulate the brain. Research shows that even when we are asleep, our mind is still aware when noise is made. The quieter the room, the better your quality of sleep. Simple solutions such as [sound absorbers](#) can help reduce noise, even more so if you are a light sleeper.

#### 6. Having the perfect ambience

Choosing the right colours and bedding accessories does in some way influence your sleep. Studies have shown that people sleep best in a blue-coloured room, followed by yellow and green. Interesting enough, blue rooms can help a person attain an average sleep of 7 hours and 52 minutes a night. <sup>4</sup>Being aware of these colours and possibility of evoking feelings of relaxation can help you create the perfect ambience to fall asleep faster and better.

Aside from that, having a well-organise space can also influence your sleep. To put your mind at ease, opt for simple [storage solutions](#) for a clutter free room.

You know that you have had a good night's sleep when you feel refreshed and ready to take on the day! Remember, a good sleep means you get enough sleep without interruptions. For more sleep inspiration and tips on how to improve your bedroom environment, shop at the comfort from your own home at [IKEA.my](#) or visit any IKEA Malaysia stores.

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<sup>2</sup> [The ideal temperature for sleep](#), A.H. Beard

<sup>3</sup> [Can a Snake Plant Improve the Air Quality in Your Home?](#), Healthline, 27 September 2019

<sup>4</sup> [Do Some Bedroom Wall Colors Help You Sleep Better?](#), Healthline, 28 September 2020



### **About IKEA Malaysia**

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