



How to Sleep in Your Dream Bedroom self-led workshop

It's time to give sleep the stage it deserves. Most of us have a favorite way of sleeping, but which positions help us get good, quality sleep? It's hard to control which positions we adopt when we're asleep, but there are ways to make sure we stay comfortable in whichever sleep position comes naturally.

This self-led workshop will explore the four main sleeping positions and how to get the best night's sleep from each one.

How do you sleep?

On your back?

This is considered the best sleeping position for your overall health because it gives the body optimal support while maintaining the natural alignment of your head, neck, and spine.

The only downside is that it can increase the chances of snoring. Back sleepers should have a mattress that supports the lower neck and spine, and a medium-height pillow.





One your side?

Sleeping on your side with your legs straight is thought to be the second-best position for your health because it keeps the spine elongated. Just make sure your head is well supported by a pillow.

Side sleepers should have a mattress that supports the spine in a neutral position and a firm, high pillow.

In the fetal position?

Sleeping on your side with your legs tucked up towards your chest is thought to be the most popular way to sleep. While it offers a lot of the same benefits as sleeping on your side, it also takes the spine out of its natural alignment, which increases your chance of discomfort-related sleep disturbance.

If you sleep in the fetal position, keep an eye on your pain levels and try out other positions if necessary.





At an incline?

Lying down flat to sleep can make conditions like snoring, sleep apnea and acid reflux worse. If you suffer from any of these at night, sleeping at a slight incline isn't a bad idea.

Using extra pillows or an adjustable bed to raise the head above the chest can reduce sleep disturbance and help you rest better at night.

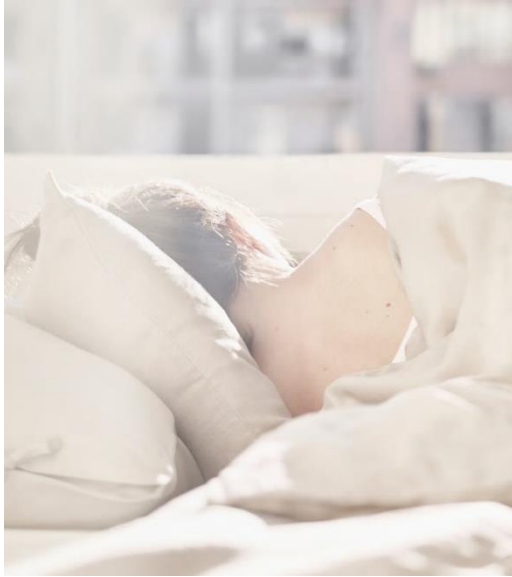
How to get more comfortable when sleeping?

Find the right firmness.

We all have our own preferences for levels of firmness. As a general rule, the heavier you are, the firmer your mattress needs to be.

If you share a bed and you and your partner prefer different levels of firmness, you can opt for two single mattresses to suit your individual requirements and help you both sleep better.





Align your neck.

Pillow size and firmness is as important for spinal support as your mattress.

Choose a pillow that continues the natural line of your spine, from your lower back to your head. You'll know if it's the right one for you because your neck and shoulders will be relaxed, and your airway open.

Try different bedding.

If you regularly wake up feeling too hot or cold, or your sheets feel rough against your skin, your bed linen could be affecting your sleep.

It's important to test out which materials work for you, but cotton bedding is a good first port of call, as it's soft, durable, and breathable.



Consider allergies.

You may be allergic to dust mites without knowing it. Research has shown that sufferers experience higher rates of sleep disturbance and daytime tiredness.

If you experience unexplained sniffing, wheezing, or coughing at night, the air quality may well be a problem, so use a pillow or mattress protector, and wash bedding to combat the effects of a possible allergy.



Create an oasis of calm.

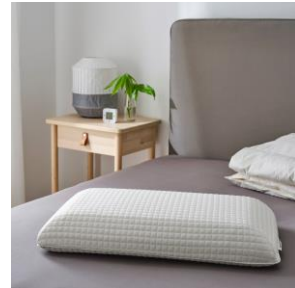
A relaxing environment is important for unwinding and getting a good sleep.

Stick to a limited palette of soft shades in your bedroom, and combine with ash color wood and natural, earthy-hued textiles.

Product selection

SLEEPING POSITION:

MJÖLKKLOCKA Ergonomic pillow, side/back sleeper. Queen
Article number: 204.467.74



HAUGSVÄR Hybrid mattress, Firm/Dark Gray, Queen
Article number: 903.074.25



SKOGSFRÄKEN Pillow, High Queen
Article number: 404.605.42



In-store and online availability may vary.

GETTING COMFORTABLE:

BERGPALM Duvet cover and pillowcase(s),
gray/stripe Full/Queen
Article number: 804.232.65



MORGEDAL Foam mattress, medium firm/dark gray,
Queen
Article number: 002.722.08



RUMSMALVA Ergonomic pillow, side/back sleeper,
Queen
Article number: 904.467.61



VIPPVEDEL Mattress protector, Queen
Article number: 204.623.92



In-store and online availability may vary.