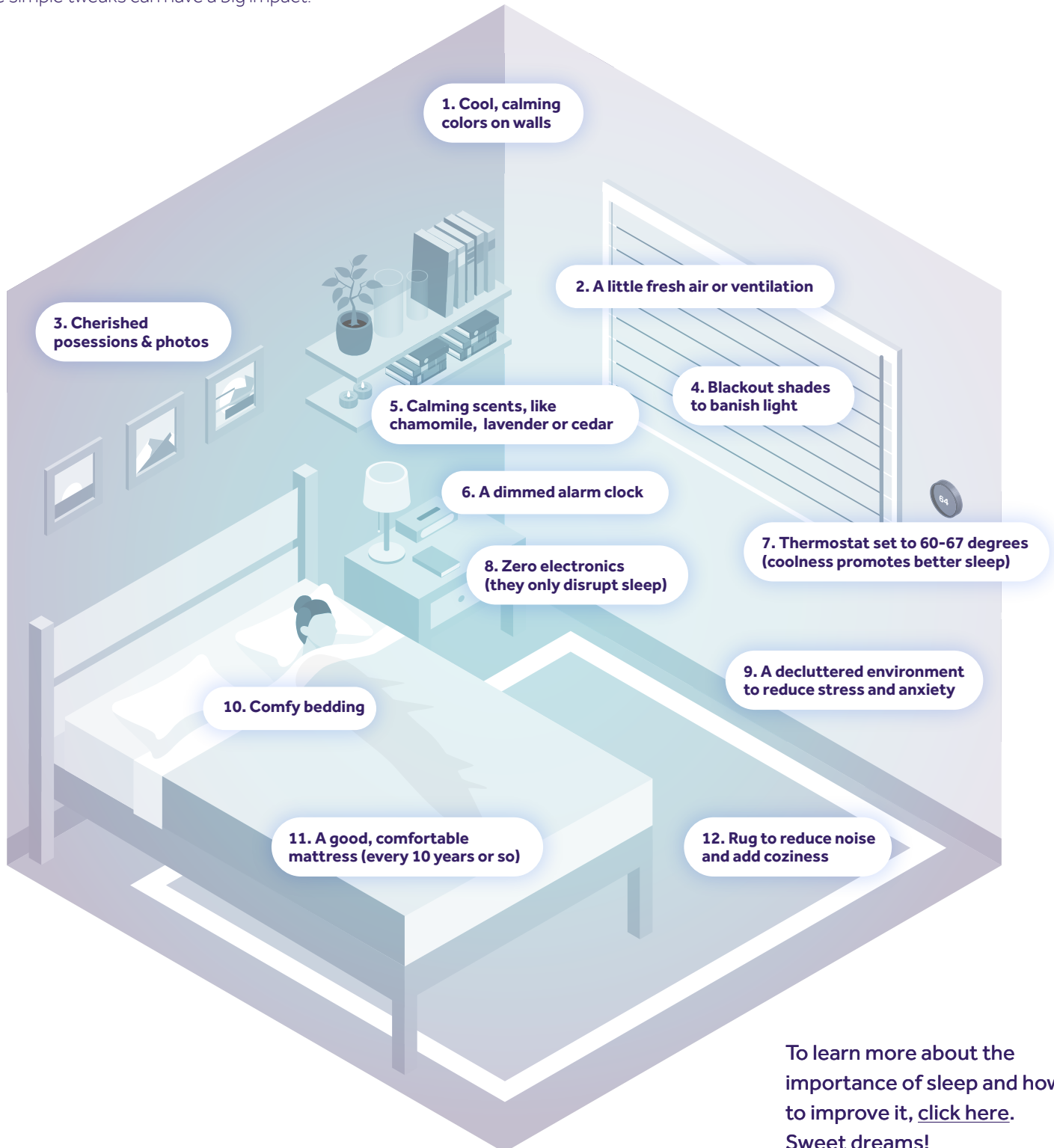# Sweet Dreams

12 Ways to Redesign Your Bedroom For a Better Night's Sleep

When it comes to managing chronic conditions, sleep is just as important as nutrition and exercise.
To promote better, more restful sleep, turn your bedroom into a sanctuary.
These simple tweaks can have a big impact.

1. Cool, calming colors on walls

2. A little fresh air or ventilation

3. Cherished posessions & photos

4. Blackout shades to banish light

5. Calming scents, like chamomile, lavender or cedar

6. A dimmed alarm clock

7. Thermostat set to 60-67 degrees (coolness promotes better sleep)

8. Zero electronics (they only disrupt sleep)

9. A decluttered environment to reduce stress and anxiety

10. Comfy bedding

11. A good, comfortable mattress (every 10 years or so)

12. Rug to reduce noise and add coziness

To learn more about the importance of sleep and how to improve it, click here. Sweet dreams!