

what is a sleep sanctuary?

A sleep sanctuary is a place in which you can sleep as well as possible. You'll need to try some things out, but it is:

Comfortable.



The ideal temperature depends on the person, bedding material, etc., but is around 65°F.

Do you prefer the window open or closed? Are your sheets fresh? PJs comfortable? Pillow and mattress topper good?

Dark.



Completely dark. Avoid blue light well before bedtime, and keep alarm clocks out of sight.

Pick up a sleep mask at the OHP if you can't get your room dark enough.

Quiet.



Some people like complete silence, some people prefer white noise. Stop by the Office of Health Promotion for ear plugs

Try to reserve your bed for sleep and intimacy