

Your Sleep Zone



Sleep Zone

Your bedroom should be free of distractions, like bright lights from a phone, TV, or computer. These can keep us from falling asleep.



Sleep Zone

A sleep zone is an area where you can fall asleep quickly and wake up energized.



Sleep Zone

A good sleep zone is the perfect temperature, is dark at night, and has no distractions to keep you awake. Your sleep zone might have:



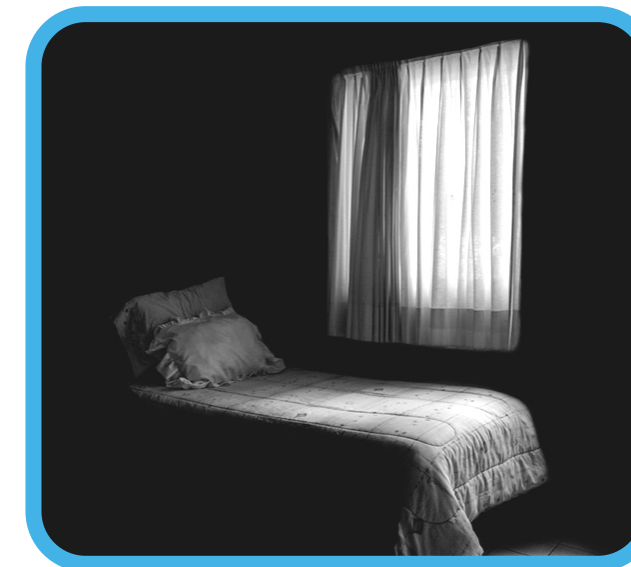
Dim
lighting



Soft
blankets



Comfortable
pillows



Shades or
curtains to
block sunlight



Quiet
music playing



Uncluttered
surfaces
and floors



WHAT IS ONE THING YOU CAN DO TO HELP YOURSELF SLEEP BETTER?

Your Sleep Zone

Think about your bedroom.



Choose at least one
thing you can do to
make your room a
better sleep zone.



