

# THE OPTIMIZED BEDROOM

18 Strategic Changes to Create The Perfect Sleep  
Environment



**MOLLIE MCGLOCKLIN**

Standing on the shoulder of giants in the sleep arena



# NIGHTTIME BEDROOM

## Dark, Cool, Quiet, & Peaceful

The key to any optimized bedroom in the 21st century is setting the stage for it to be sunny and warm by day, dark and cool by night. This apparent contrast helps us to cultivate a steady and robust circadian rhythm, even when more and more of us are spending the majority of our waking hours indoors. Additionally, not all of us have the luxury of using our bedroom exclusively during the night. Instead, many engage in modular living, requiring the utilization of our bedroom space during the day and at night.

How do we streamline the bedroom environment for a higher proportion of sleep quantity & quality? A great place to start is with Circadian Rhythm Entrainment applied to the bedroom environment. For a definition, circadian rhythm entrainment is the synchronization or alignment of the internal biological clock rhythm, including its phase and period, to external time cues, such as the natural dark-light cycle. This approach can be further extended to include body temperature, air quality, and a sound day-night period. Here's a glimpse at what that looks like applied to the bedroom environment (divided by night & day).

**sleep is a skill.**



# NIGHTTIME BEDROOM

## The Breakdown

**LIGHT:** Ideally you don't want any light sources in the bedroom when you are going to sleep. Where there are lights that you feel cannot be avoided from certain devices... **1)** gaffers tape is your new best friend.

**DARK:** In the time between sunset and actually going to sleep, red spectrum light does not disturb melatonin production in the same way that blue & green spectrum light does. **2)** Candles, lanterns, and fire are ideal. If fire-based lighting is not your thing, lighting from the **3)** red-light spectrum is key. A Himalayan salt lamp can also work. **4)** Blue blocking glasses are a must in the 21st century. If you're active in your bedroom, a fun hack is to wear this cave headlamp set to red. Don't forget an ergonomic eyemask. Use red light on your phone with this hack or this app on android. **5)** Blackout curtains are essential. This brand will even velcro-in the curtains, although it might not be the most attractive. ;/

**TEMPERATURE:** Cool is your goal. For adults that can range from **6)** 60-67 degrees / 15-19 celsius. If you have difficulty achieving that, a **7)** chilipad (sleepisaskill15 – 15% off OOLERsleepisaskill25 – 25% off chiliPAD) or the bedjet can act as easy options.

**sleep is a skill.**

**SOUND:** Eliminating sharp disruptive sound is what we are striving for with this optimized bedroom design. To support that, a **8) sound machine utilizing white, brown, & pink noise** is an important addition. When on the go white, brown, & pink noise, a portable sound machine or a noise machine app. How about snoring? That can really mess with your sleep and/or your partner's sleep. Smart Nora is a great option to help.

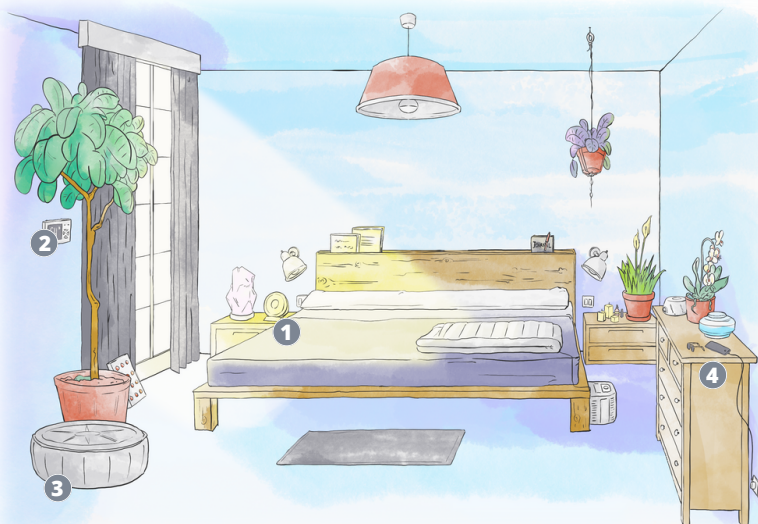
**HUMIDITY:** You want to aim to have your humidity levels at around 45%. First, you can get aware of your humidity levels with a humidity sensor. Second, from there, you can increase the levels with a humidifier or decrease the levels with a dehumidifier.

**AIR QUALITY:** First off is getting a sense of the level of air quality in your bedroom? Test with a meter. Breathing in recycled air, moldy air, polluted air all night does not spell great sleep. Using an air filter can be important for this.

**PAIN MANAGEMENT:** If nighttime pain is keeping you awake, test out using **9) red light** for pain management. Additionally, a quality chemical-free (zero-off gassing) **10) mattress** can ensure that your pain

**LOW EMF:** Ideal is ALL the technology outside of the bedroom, wifi nowhere near you, and a kill switch to eliminate all electricity into the room. However, when we're not willing to do that entirely, at the very least, **11)** your phone should be at least 6 feet away from the bed and in airplane mode. Aim to have no bluetooth devices in the bedroom. Plug-in electronics items should also not be right next to your bed. If you want to test some EMF devices like this plug-in one or this **12) pricier one**.

**PSYCHOLOGICAL ENVIRONMENT:** Weighted blankets can be helpful for some. Here's an article more on this topic for details on selecting the weights. **13) This** is a great eco-friendly one (use 'sleepisaskill' for a discount) and this is a water-filled temperature controlled option (use 'Chili22' for a discount). **14)** Journaling and vagal tone (like with Heartmath or Neuvana) are key here.



# DAYTIME BEDROOM

## Light, Bright, Airy, & Inspiring

**LIGHT:** During the day, you want lots of ample light. Ideally you are waking up with the sunrise and swinging the curtains back and quickly getting yourself outside. However, if you have extra considerations, shift work, illness, etc. The next best-thing is a **1) dawn simulator** which will wake you up slowly as if it were a sunrise.

**DARK:** You want to avoid darkness completely during this time. Your goal is a flood of daytime light.

**TEMPERATURE:** A warm and active body temperature is your goal now. If you have the control over the environment, **2)** turn the heat up in order to mimic a healthy natural rise in body temperature. An infrared sauna is great for this purpose.

**HUMIDITY & AIR QUALITY:** Same rules apply as above, however now you can hopefully be outside more to ensure you aren't breathing in recycled air all day.

**PSYCHOLOGICAL ENVIRONMENT:** Dealing with personal problems during the daylight hours is key to getting great sleep. Picking a designated spot to meditate, like a **3) meditation cushion** can help. If you need more support, a **4) virtual therapist** or biofeedback meditation trainer like the Muse can provide additional support.

**sleep is a skill.**

**SOUND:** If you're not into being awoken by a dawn simulator, and have yet to master rising without an alarm (it really is possible!), then a physical alarm is for you. You can either start with a [cheapie one](#) or get fancy with [one like this](#) that still allows you to play your meditations / white noise, but without your phone in the room (note: you will want to be mindful of EMFs so if you go with an alarm with bluetooth connectivity. Be sure to put it away from your bed). We're aiming to amp up the exertion-rest cycle of the sleep-wake cycle. If you're dealing with stress, calming music to bring down cortisol throughout the day could be called for. Otherwise, let this be your time for energy and action-taking music.

**P.S. Whenever you're ready... here are 3 ways I can help you transform your sleep:**

### **1. Subscribe to The Sleep Is A Skill Podcast**

Get guidance from experts on all things sleep! From light, darkness, temperature, sound, meals (type & time), exercise, gadgets, etc. we've got you covered.

[Click Here](#)

### **2. Take our Free Sleep Assessment**

Receive personalized feedback on where your sleep is at and what it will take to turn it around

[Click Here](#)

### **3. Book a 15 minute Call**

We have something for everyone no matter where you're at with your sleep. Book a quick call to discuss what the next best steps are for you.

[Book Here](#)

**sleep is a skill.**