

Sleep Environment Problems... And solutions

Sometimes there are things in our environment that we cannot control, such as street lights outside of our window, a busy street beside our home, a snoring partner (check with your doctor about this issue), or dry winter air. Try these tips to help.

Noise

If noise is a problem, you can try ear plugs, white noise (e.g., the noise of a fan or playing sounds of waves on a CD, etc.), rugs, heavy curtains or drapes, double pane windows, or relaxing music.¹

Bright Lights

If light is a problem – either because your children need a nightlight, you have distractions of lights outside your home, or you do shift work and need to sleep during daylight – try using an eye mask and/or heavily lined drapes over windows.

Dry air

If your environment is excessively dry, consider a humidifier. Note: Awakenings with a sore throat, dryness in the nose, or even a nose bleed can be signs of too little humidity in the air.¹



Source

1. National Sleep Foundation (2008). Helping yourself to a good night's sleep (2008) [on-line]. Retrieved August 5, 2008. From http://www.sleepfoundation.org/site/c.huIXKjM0IxF/b.2421167/k.238/Helping_Yourself_to_a_Good_Nights_Sleep.htm

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