

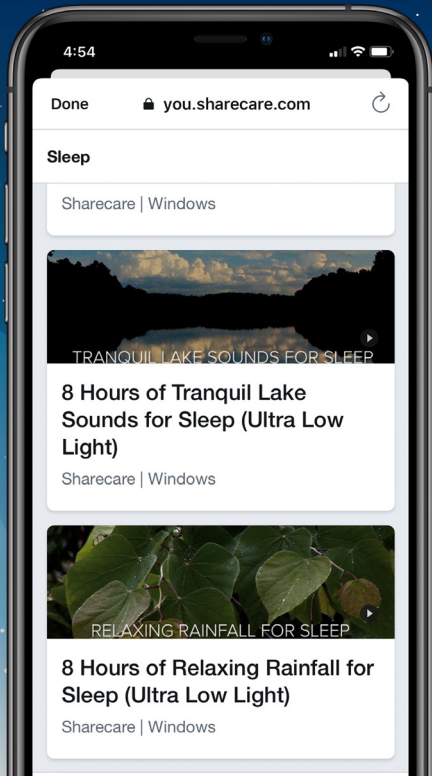
# 5 WAYS

## You Can Turn Your Bedroom into a *Sleep Sanctuary*



A good night's sleep can help you feel energized, lower your risk of obesity, improve concentration and so much more. A good bedroom setup can help!

- 1 Choose relaxing colors.** The National Sleep Foundation (NSF) says cool-tone colors like grays and blues may help you feel more relaxed. Even if you can't re-paint the walls, you can try changing out your comforter, sheets, pillows, or artwork to muted shades of blues or grays.
- 2 Adjust the temperature.** Being too hot or too cold can cause you to have trouble falling asleep or staying asleep. Try setting your thermostat somewhere between 60 and 67 degrees Fahrenheit.
- 3 Make sure your bedroom is dark.** It's also recommended that you keep your bedroom free of bright lights, televisions, computers, tablets or cell phones. Exposure to light while you're trying to sleep stimulates your brain, which can keep you awake.
- 4 Change out your linens and mattresses regularly.** While there's no set rule for when to change out your mattress, most last around eight years. Choose one that is supportive and feels good. As far as pillows go, choose something comfortable for you and replace them when they get lumpy.
- 5 Try out a white noise machine.** If you notice you're having trouble with the noise in your room or home, try white noise machines or apps on your phone. White noise machines provide a constant sound that can block out disturbing outside sounds.



## ***Be Well SHBP* well-being program resources**

With your *Be Well SHBP* well-being program, you have access to more than 20 lowlight, soothing videos designed for a full night's restful sleep. Just follow these steps to explore these videos:

- Log into your BeWellSHBP.com account (online or via the Sharecare app on your mobile device)
- From the “Discover” navigation, click on “Inspirations” (on the app, first click “Sharecare Windows”), and then click through to “Sleep”
- Try out the “Tranquil Lake Sounds”, or “Waterfalls for Sleep”, or any of the videos that you think will best help you achieve a great night's sleep!

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