

Subject 4: Improving your bedroom environment to optimise your sleep

Optimising your sleep usually begins with improving WHERE you sleep. Below are some general recommendations that everyone can consider.

1. Bedding. Make sure your body and neck is well supported.
2. Noise. Keep your bedroom quiet. If there are many outside noises, drown them out with [white noise](#).
3. Temperature. Your body is poor at regulating temperature when you are asleep. Ensure your bedroom is cool (but not freezing!).
4. Light. Bright light can delay the release of the sleep hormone [melatonin](#). Avoid lights (including those from electronics) in the last hour before bed. Make sure your bedroom is as dark as possible at night.

Do you want to find out more?

The Generali Employee Benefits Network has partnered with FlourishDx to provide video and other resources on mental health and sleep health. Access these resources [here](#).