



The Place Where You Sleep

It's very important to pick the right sleep environment. Even good sleepers will find it difficult to sleep in the wrong environment. Here are a few examples of environmental factors that may interfere with your ability to sleep:

Noise : This may be one of the most common external factors that interfere with sleep. Different people can tolerate different amounts and types of noise, but, in general, steady repetitive noises are easier to sleep through than intermittent or abrupt noises. If you cannot remove the noise; you have a number of options. You can wear earplugs. Or you can try to mask the disturbing noise by creating a background of a more continuous sound, such as a fan. Alternatively, you can use a "white noise" machine, which is specially designed to mask unpleasant sounds.

Light : A room that is too light or bright will make it more difficult for you to sleep. This is not just because the light will affect your eyes. It will also interfere with the way your brain produces certain natural hormones, which help you establish a proper sleep rhythm. If you have to sleep during the day, close the drapes or hang something in your windows to darken the room. If this does not work, try wearing eyeshades.

Temperature : Here again, personal preferences vary, but in general, a room that is too hot or too cold will not be conducive to good sleep. Experiment by setting the thermostat lower or higher, or use more or less bedding until you find a temperature that suits you.

Your Partner : If your sleep partner does not sleep well, you probably will not either. A partner, who snores, talks in his or her sleep, gets out of bed to go to the bathroom frequently, or just tosses and turns a lot, will probably keep you awake as well. In some cases, adding white noise or wearing earplugs will help. If your partner gets up a lot during the night, make sure he or she sleeps closest to the door. If your partner tosses and turns, consider a larger bed, or even separate beds.