



1. VENTILATE DAILY

To prevent respiratory ailment, make sure to fully ventilate the bedroom 1-3 times per day, preferably as close to sleep as possible. Shake your bedding either during ventilation, or even better outside to prevent the spread of dust.

2. BLACKOUT CURTAINS

As necessary as these are during the night hours in ensuring complete darkness, as inhibiting they can be in the morning if they aren't letting any light in at all. Sleep requires darkness, but wakefulness requires light. So, find a solution where this combination can occur. Personally, I create a small gap at the bottom of the curtain, so light can enter when the sun rises.

3. TEMPERATURE 18-19°C

Sleep is induced when your core body temperature drops. Make sure your sleep environment is rather too cold than too hot. 18-19 degrees is generally the optimal setting.

4. ELECTRONIC DEVICES UNPLUGGED

Electricity interferes with your sleep quality, just like EMF's do. Unplug as many of your devices as possible during sleep.

5. BOOK

Books are a great activity source during the late hours, as long as they are within the fiction category so they don't change your brain wave states due to the increased focus and learning. Fiction books will calm you down without any unnecessary pollution from blue light.

6. BLUE LIGHT BLOCKING GLASSES

To shield off any blue light, whether from the sun or electronic devices, make sure to wear glasses with orange or red lenses designed to shield off the blue light. Start wearing them within 2-3 hours before sleep.

7. MAGNESIUM

Consume your magnesium approximately 30 minutes before sleep. Particularly the magnesium types Glycinate and Threonate are great at enhancing sleep depth and quality.

8. SUNRISE LAMP

A sunrise simulating lamp provides warm light in the same spectrum as a sunrise. This means that you can both use it during the night without disrupting your sleep like overhead lights and blue light do, plus you can use its function to wake you up in the morning with a “sunrise”. This is particularly beneficial during the winter or at times where your room is completely dark when you wake up.

9. NOTE BLOCK

Write your ideas down quickly when they appear or process daily events and plan next day’s schedule. This is great to do if you want to avoid exaggerated cognitive activity at night, which may keep you awake or increase your stress levels.

10. EAR PLUGS

This only applies to those that live in noisy areas. Noise pollution is a great contributor to disrupted sleep. So, unless you live in a calm area without any noise at night, ear plugs can be great to shut out all sounds.

11. PHONE OFF/AIRPLANE MODE

Make sure this happens at least 2 hours before sleep, if possible. Apart from the utter unnecessary stress stimuli that occur from numerous online conversations, scrolling, and whatever, you want to limit EMF exposure during the night, why it’s essential that the signal is blocked from your phone. If you, for some reason, are unable to, make sure that your phone is located as far away from you as possible when you sleep.

12. WIFI ROUTER OFF

EMF’s may not only interfere with your sleep, it also disrupts your mitochondrial function and causes cellular damage. That’s why we need— as a minimum—during the eight hours of sleep to turn off all EMF emitting devices.

13. MEMORY FOAM PILLOW

Your cervical spine must be aligned with the rest of your spine during sleep, hence why a too elevated or a too depressed head position will accumulate postural pain and dysfunction. The memory foam pillow keeps your head in a neutral and slightly elevated position, which keeps the spine aligned. Note: choose a non-toxic version. If that isn’t possible, then use a regular thin, but supportive pillow.

14. MEDIUM/HARD MATTRESS

Humans evolved to sleep on hard surfaces. At no point will it be beneficial for your posture and physical function to sleep on a soft, or even memory foam surface. We need the right friction during night, why a medium to hard mattress is essential for sustainable sleep.

15. GROUNDING BED SHEET

As explained, humans evolved to sleep on hard surfaces, ie. directly on the ground. The fact that we moved away from this habit is one of the biggest mistakes ever made. Although more comfortable, we remove eight hours of direct contact with earth, which is proved to benefits countless of health aspects, including sleep. With a grounding bed sheet, you will be grounded during the night, the exact same way you would if you were sleeping on the grass.

16. SLEEP DIRECTION

We are affected by the magnetic poles of the earth. This means that parameters such as blood flow will be affected positively or negatively depending on where we rest our heads. Are you located in the **Southern hemisphere**, make therefore sure that your head isn't pointing south during sleep. All other directions are fine. Are you located in the **Northern hemisphere**, make sure your head isn't pointing north. East and south are ideal here.

17. PLANTS

Plants are keeping the indoor climate and air quality in check. An abundance of plants will support your respiratory health by cleaning the air you inhale. Make sure to have at least a few in your bedroom.