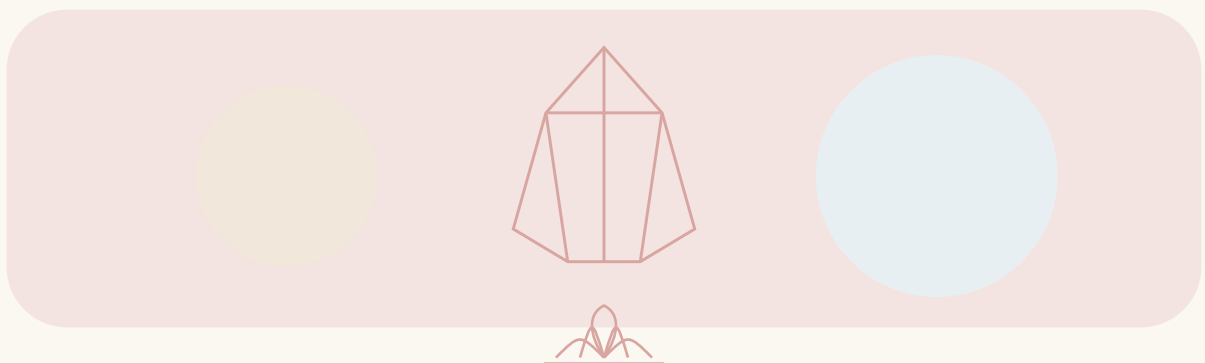


THE ZEN MOVEMENT™

free educational guide

Creating a Sleep Sanctuary

A simple guide to creating an environment and routine that support rest.



Wellness education for everyday life

Creating a Sleep Sanctuary

Your bedroom does not have to be perfect to support rest. A few intentional changes can help create clearer cues for winding down, reducing stimulation, and making sleep feel more inviting.

Start with the feeling, not the decor

A sleep sanctuary is less about buying things and more about reducing unnecessary stimulation. Ask: What helps this room feel quiet, safe, comfortable, and separate from the demands of the day?

1. Soften the light

- Dim bright overhead lighting during the last hour before bed.
- Use warm bedside lighting when possible.
- Reduce unnecessary light from chargers, screens, and electronics.
- Use curtains, blinds, or an eye mask if outside light disrupts sleep.

2. Make temperature comfortable

Many people sleep better in a room that is comfortably cool rather than warm. Choose bedding and sleepwear that help you avoid overheating or feeling chilled.

3. Create a quieter soundscape

- Reduce unpredictable noise when you can.
- Try a fan, white noise, or another consistent sound if it helps mask disruptions.
- Keep notifications and alert sounds out of the bedroom.
- If music or sound bowls are part of your wind-down, keep the volume soft and choose something predictable.

4. Let the room look restful

Visual clutter can keep a room feeling active. You do not need a minimalist bedroom - simply clear the surfaces you see from bed, move work materials out of sight, and keep your immediate sleep area simple.

5. Give your body a repeatable wind-down cue

A consistent sequence helps mark the transition from doing to resting. Your routine can be very small.

A 20-minute wind-down

5 minutes: Put away the day - lower lights, silence notifications, prepare the room.

5 minutes: Gentle hygiene routine or warm shower.

5 minutes: Slow breathing, light stretching, or a short body scan.

5 minutes: Read, journal, listen to soft audio, or simply rest without scrolling.

6. Make the bed a stronger sleep cue

- Avoid working from bed when possible.
- If you are wide awake for a long time, consider getting up briefly for a quiet, low-light activity and return when sleepy.
- Try not to repeatedly check the clock.
- Keep the bedroom associated with rest rather than unfinished tasks.

Your Sleep Sanctuary Checklist

- Lighting feels soft in the evening.
- Temperature is comfortable.
- Noise is reduced or made more predictable.
- Phone notifications are silenced or moved away from the bed.
- The area around the bed feels visually calm.
- A simple wind-down routine is ready.
- Tomorrow's tasks have somewhere to live besides your mind.

Rest begins before your head reaches the pillow.

Educational note: This guide offers general sleep-hygiene ideas and is not medical treatment. Persistent insomnia, loud snoring, breathing pauses, significant daytime sleepiness, or other concerning sleep symptoms should be discussed with a qualified health professional.