

Sleep On It

Tips To Get The Sleep Your Body Needs

(NAPSA)—Here's a wake-up call for your well-being and longevity: You need your sleep.

Unfortunately, many people are shortchanging themselves by averaging a mere 6.7 hours of sleep nightly as opposed to the seven to nine hours recommended by health professionals. Poor sleeping habits impact our mood, mental acuity, health, productivity and public safety.

Improving your sleep quality and quantity may be as easy as making your bedroom a place where you can truly rest and relax. The ideal sleeping conditions are calm, cool and dark. Here are some hints to make your room a place for a great night's sleep:

CALM: Make your bedroom a sanctuary. Eliminate clutter so your mind can relax. Regularly dust and vacuum to rid your room of dust and allergens so you can breathe easily. Choose a calming color palette. Add plants, like peace lily and spider plant, to clean the air naturally. Add drapery panels and area rugs to visually soften edges and dampen sounds.

COOL: We sleep better in cooler rooms, so turn down the thermostat a bit before retiring for the night. This signals the body to prepare for sleep. Window treatments add insulation to your windows, helping maintain your room's temperature with less energy use.

DARK: Light disrupts sleep. When our bodies recognize increasing light, like sunrise, they begin the waking cycle. Controlling light sources is one key for better sleep and better health. Some light sources—e.g., lamps, clocks—are easy to control. Others aren't. Your window coverings can



A good night's sleep may be easier to achieve than many realize.

help you block light from street-lamps and the moon. Shift workers and urban residents may find that adding room-darkening liners to their window coverings will help them get more restful sleep.

If light seeps through the gap between your window treatment and window frame, decorative elements become functional elements. Layer drapery panels and cornice boxes over existing window treatments. If you're purchasing blinds, ask about routless louvers or cloth tapes to block light.

When it's time to rise and shine, use light to wake from sleep more gently than a clanging alarm clock. Add programmable motorization to your window treatments and set them to open about 15-30 minutes before your alarm clock rings. You'll awake more naturally and refreshed.

You can find all of these window treatments and get more ideas from your local Budget Blinds franchise. They offer complimentary in-home consultations, professional measuring and installation, and a rich selection of quality window treatments, including shutters, blinds, draperies, shades, window film and area rugs.

Learn More

For more information, visit www.budgetblinds.com or call (800) 519-6298.