



BLUE ZONES[™]
HEALTH



BEDROOM CHECKLIST

Set up your bedroom for better sleep
and downshifting.



Know your **snore score**



Own a **supportive mattress** and
comfortable pillows



Set the temperature of your **bedroom**
to 65°F



Dim the lights an hour before bed



Remove digital alarm clocks or turn
the clock so it is facing away from
the bedside



Use **light-blocking window shades** or
sleep mask



Remove the TV and computer from
the bedroom



Remove all phones from your bedroom



Put a **lavender plant** next to the bed



Minimize noise in the bedroom



Use the **bedroom only for sleep**



Scan the QR code for more
details on how to set up your
home for a better and longer life.