



How To Create The Perfect Sleeping Environment



CONTENTS

Preface	P1
01. Introduction	P2
02. Creating the perfect environment for sleep	P6
03. Developing your room	P10
3-1 Use colours that help in sleeping	
3-2 Control room temperature, humidity, and ventilation	
3-3 Make your bed as comfortable as possible (use pillows, layers, beddings, etc.) and choose the right mattress	
04. Creating the best bed climate	P14
4-1 Choose the right materials/fabrics for your pillows, bed sheets, comforters, etc.)	
4-2 Warm up your bed (electric blankets, heating cushions, etc.)	
4-3 Use essential oils that aid in sleep (lavender, etc.)	
05. Relaxing yourself	P18
5-1 Get rid of mental stress	
5-2 Keep your gadgets (smartphones, tablets, ec.) away	
5-3 Listen to soothing music	
5-4 Make exercise a habit	
06. Conclusion	P20



Preface

Not being able to sleep well has become a big problem for everyone in the world. Nowadays, we all are experiencing much more mental stress and that makes us hard to relax. As a result, it we are always tense and cannot sleep well. Out of those who have a harder time falling asleep, the problem of insomnia might slowing creep up on some of them.

That is a big problem!

We feel everyone should be able to enjoy a good night of sleep. Getting a comfortable night of rest is essential to a healthy and happy life.

Would you like to sleep better and have more energy the next day? If so, this “How to create the perfect sleeping environment ”Ebook is written for you. There are a lot of things you can do to help you relax before going to bed every night. Creating a clean and relaxing sleeping environment is one big reason to better sleep.

We all work hard everyday and everyone deserves a good night of sleep. We have conducted a thorough research and compiled many useful information into this Ebook. We hope all of our beloved supporters can benefit from tips included in this Ebook.

Let’s all start to sleep better by creating the perfect sleeping environment.



01. Introduction

For something so crucial to how we live and function day by day, it's interesting (and somewhat peculiar) to know that to this day, we still don't know the exact reason why we need sleep.

The need to get some shuteye is one that every single human being on this planet experiences. In fact, we spend about a third of our lives sleeping! In spite of this, we are still in the dark as to why our minds need to be shut down for anywhere between 4 to 8 hours a day.

The effects of sleep, of course, have been extensively studied and well-documented.

- According to Professor Donald Hensrud of the Mayo Clinic College of Medicine, women who slept less than six hours a night or more than nine hours were more likely to gain 11 pounds (5 kilograms) compared to women who got at least seven hours of sleep a night.
- A 2009 study published in the Journal Pediatrics found that hyperactivity, inattentiveness, and impulsiveness were more common among children between 7 to 8 years old who got less than the recommended 8 hours of sleep per night.



- In a major 2007 study involving 10,000 adult subjects, people with insomnia were observed to be five times more likely to develop depression, while a study of 772 men and women of all ages published in the journal *Sleep* found that people who suffered from insomnia were 17 times more likely to experience anxiety than sound sleepers.
- Sleeping five hours or less per night increases the risk of death by roughly 15 percent, according to the Division of Sleep Medicine at Harvard Medical School.
- A 2008 study from the American Academy of Sleep Medicine showed that athletes who slept 10 hours per day for six to seven weeks swam faster and had a quicker reaction time.
- Sleep also affects memory, as demonstrated when, in a study published in the journal *SLEEP*, people who slept fewer than six hours a night for two weeks scored far worse on memory tests than those who got a full eight hours' worth of sleep.

Despite the mystery surrounding the exact reasons why we need it, sleep is nevertheless an indispensable part of our daily existence. Unfortunately, it does not come that quickly and easily for many people across the world.



The Prevalence of Sleep Problems in the World

What percentages of the populations in the following countries have difficulty sleeping?

Poland	31.2%	Spain	24.3%
Estonia	30.5%	Austria	20.5%
Portugal	29.8%	Slovenia	22.7%
Hungary	28.1%	Sweden	19%
France	28%	Switzerland	17.4%
Belgium	27%	Denmark	16.6%
Germany	26.7%	Italy	16.6%
Czech Republic	25%	The Netherlands	6.8%
The United States	25%	Taiwan	20%

Note: The data conducted 54,722 adults over the age of 50 in 16 European countries.

Sources

- <http://www.sciencemag.org/news/2015/09/sleepless-slovenia-european-countries-highest-rates-insomnia>
- <https://sleepfoundation.org/insomnia/content/what-is-insomnia>;



Even just a small sampling of the data reveals that the inability to sleep is a major problem in many parts of the world. It is, however, possible to make it easier for you to fall asleep, despite having these problems.

And it all begins with making sure that come your bedtime, the environment around you is conducive for sleeping.





02. Creating The Perfect Environment For Sleep

Still, the problem remains: What should you do if you can't sleep?

Traditional methods of making yourself fall asleep include counting sheep, staring at the ceiling, drinking a warm glass of milk, and so on. Some even drink sleeping pills just to get themselves some of those precious zzz's.

By far, the simplest and most effective method is to make your sleeping space the ideal environment for sleeping. Fortunately, this is easily achievable.

How do we create the perfect sleeping environment? Well, at the very basic, you should make your bed warm, serene and comfortable.

Here at Wellcare, we like to describe this action as "creating the best bed climate" for sleeping.

Before we delve into the ideal sleep environment, though, let us begin by setting realistic expectations.



For starters, do you know how long it should take you before you fall asleep?

Most of us aren't aware of this - after all, we don't always sleep next to a timer or stopwatch to monitor our sleeping trends - but it takes the average person just 15 to 20 minutes to fall asleep. This brief transition period from being awake to being asleep is called sleep latency.





Many factors in our environment may contribute to how quickly we fall asleep, including (but not limited to):

- The temperature of the room;
- The overall humidity;
- The type of mattress we sleep on;
- The bed temperature;
- Our bedsheets and pillows;
- Our mental state, and so on.
- Sleep gadgets (e.g., eye masks, pillows, blankets.)





The great thing about this is that most of the elements that can help us sleep better are within our control. For instance, some experts say that having a room temperature above 24 degrees Celsius and below 12 degrees Celsius will interfere with your sleep. They also recommend keeping the bedroom between 16 and 20 degrees Celsius. This particular aspect of your environment is relatively easy to control, of course, with electric fans, air conditioning, and whatnot.

In the next chapter, we'll explore exactly what you can and should change in your environment in order to sleep better.





03. Developing Your Room

Take a look around you. What are the things inside your room that you can adjust or change to help you sleep better? Here are some useful pointers.

- **Use colours that help in sleeping.**

You may have heard of colour psychology being used in restaurants for the ideal dining experience. The same principle applies when it comes to decorating your home — and, in this particular case, your sleeping space. As the colour of your room defines the first and last thing you see during the course of your day, it does affect your overall mood, and thus, the rate at which you can fall asleep.

The Edinburgh Sleep Center reveals that the eyes are especially sensitive to the colour blue. A hue typically associated with peace and calmness, it helps lower your heart rate and enables you to relax.

Not feeling blue? Try yellow, particularly a lighter shade — it works quite well in conjunction with sunlight in terms of re-energising you for the day ahead. You can also paint your walls with natural colours such as white, light brown or light gray to achieve a similar effect.



- **Control room temperature, humidity, and ventilation.**

In the previous chapter, we briefly touched upon the ideal room temperature for sleeping. According to experts, the best temperature for sleeping is around 16 -20 degrees celsius. This is the normal temperature of our circadian rhythm (the 24-hour process our body physically follows) for us to fall asleep.

The US Natural Sleep Foundation recommends keeping your bedroom at a humidity level between 30% to 50% for better sleep. This means that being in a environment that is either too dry or has too much moisture can severely affect the quality of our sleep. If the environment is too humid, the moisture within your body will take much longer to evaporate, which in turn may cause you some discomfort. For those who suffer from allergies, a humid environment will also accelerate mold growth, worsen your allergies, and ultimately make sleeping a herculean task. An extremely dry environment, on the other hand, will result in an itchy throat and increase your chances of catching a cold.

Proper ventilation and room temperature control thus play key roles in helping you sleep better. Always make sure that your room is well-ventilated, and that the temperature's just enough to make you feel comfortable without reaching extremes.

For example, during winter time, most people like to shut their windows entirely. This actually hinders the air circulation, leading to a more humid and stuffy environment. An easy way to solve this problem is by leaving



a very small gap on your window and let the air flow in.

Having a messy room and bed will also negatively impact your sleep environment. Keeping too much items in your room decreases air circulation and is bad for your health.

- **Make your bed as comfortable as possible (use pillows, layers, beddings, etc.) and choose the right mattress.**

Now that you know how to manage the temperature in your room, the next question is: What about your bed?

Many people prefer using heated underblankets (or electric blankets) to regulate their bed's temperature. An electric blanket of decent quality is truly indispensable on extremely cold days, especially during the chilly seasons.

We all know a good and comfortable bed and mattress can help us sleep better. Before a sleeping mattress purchase, people tend to spend lots of time comparing the hardness, fabrication, ventilation and comfortability.

However, it is ironic to see people NOT spending the same time to compare these qualities in electric underblankets. After all, electric underblankets are placed directly above our mattresses and we sleep right on top of it.

Having good ventilation in an electric blanket is just as important as



having good ventilation on a mattress. A good mattress should be paired with a quality electric underblanket in effort to maximize comfort.

In developing our own version of this all-important sleeping tool, we identified five key areas to focus on:

Stability	Power options and turbo heating, for more efficient warming.
Comfort	The underblanket has to be breathable and comfortable.
Applicability	It must be in the right size for the bed, and must also cover the user's feet for more comfort.
Practicality	It needs to be washable, and must be versatile enough to be used in any condition or situation.
Reliability	It must have an active protection system and an auto-off timer to prevent untoward incidents.





04. Creating the best bed climate

- **Choose the right materials/fabrics for your pillows, bed sheets, comforters, etc.**

Our sense of touch is both subjective and psychological. When it comes to fabrics, most of the people have their own likes and dislikes. If you come across a fabric that you love, it is most likely you will sleep comfortably on top of it.

Bed mattresses are mostly made out of cotton, rayon or eco-friendly fibers. Therefore, when choosing an electric underblanket to pair with your mattress, you should also look for ones that are made out of the same level of material.

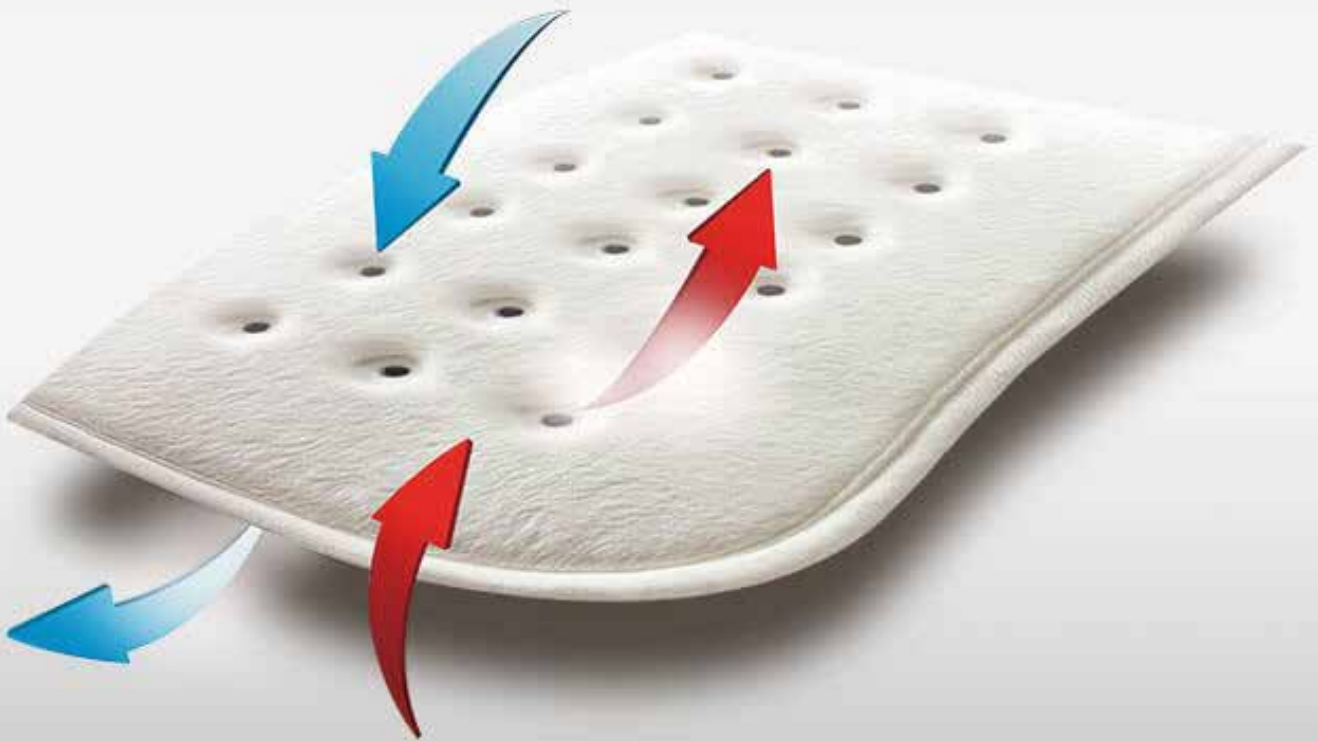
Wellcare electric underblankets are all made out of high-quality and eco-friendly materials. The textiles used in our products have been tested for harmful substances and are certified as environmentally friendly.



Here's a quick guide to the different kinds of fabric material to suit different preferences.

Cosy Fleece	Naturally soft and comfortable.
Comfort Fleece	Keeps more warmth; dirt-resistant.
Baby Fleece	Good at maintaining temperature, and for people with sensitive skin/sense of touch.
Eco Fleece	A wrinkle-resistant material specifically designed for pro-environment purposes.





- **Warm up your bed (electric blankets, heating cushions, etc.)**

It goes without saying that a significant part of sleep is comfort. Unfortunately, such is hard to come by in winter, when the freezing temperatures make being comfortable a challenge. With an electric blanket, you can easily remedy this problem. Choose an electric blanket made of a soft fabric like fleece or cotton, which provides adequate warmth but is still breathable for maximum cosiness.

Where did the heat in electric blankets come from? Well, the wires in electric blankets generate heat. The heat is then distributed through extremely tiny gaps on the textile.

A revolutionary technology called 4-D dynamic warmth flow (4D DWF) has recently been introduced to the flexible heating product market. It uses thousands of small holes on a fabric to distribute heat. Using this technology, the heat becomes ventilated and moisturized. It actually brings a comfortable warmth flow that is different from traditional dry heat.





- **Use essential oils that aid in sleep (lavender, etc.)**

Essential oils are some of the most accessible sleeping aids out there. The most popular ones by far are lavender, jasmine, and chamomile. Lavender in particular is one of the most well-known and universally loved scents out there. It's been known as a remedy for insomnia, anxiety, or even depression. Jasmine, on the other hand, can be used in treating headaches, relieving stress, and ultimately creating a better sleeping experience.





05. Relaxing yourself

Ideal sleeping conditions aren't limited to just your surroundings. You also need to prepare yourself internally for sleep.

In theory, relaxing sounds really simple. You'd be surprised to find, though, that it can be quite difficult to achieve, especially when your mind is full of so many thoughts.

Here are a few tried and tested ways to relax yourself before sleeping

- **Get rid of mental stress.**

Don't let the hassles and problems of the day tuck you in. Before sleeping, take a warm bath or soak your feet in warm water are two good ways to soothe your muscles and make it easier for your mind to relax. You'll also need to eliminate any stressful thoughts from your mind. You can make this process a whole lot easier by practicing meditation and breathing techniques.

Another way to accomplish this is via olfactory triggers — your sense of smell. Scents may trigger our body and mind in ways we don't fully understand yet. Pleasant aromas can ease stress and help you relax.



- **Keep your gadgets (smartphones, tablets, ec.) away**

European research studies have shown that electronic devices such as smartphones and tablets do in fact disrupt sleep, especially in children. The fact is, it's not even the use of the devices that has a negative impact on sleep — it's the proximity. The simple act of keeping your device close to you while you sleep can actually disrupt your naptime. The best thing for you to do is keep your gadgets as far away from you and your bed as possible before sleeping. If you really need to wake up early and depend on your device's alarm function, buy an alarm clock instead.

- **Listening to soothing music**

While it may sound unusual, silence could actually hinder the process of getting sleep for some people instead of making it easier. In these situations, white noise or soft music is a great way to facilitate deep sleep. Interestingly, even everyday sounds like the whirring of fan blades, the soft blowing of the wind, the steady patter of raindrops, or even the rushing waves of the ocean can make it easier for us to fall asleep. Classical music may also prove to be helpful in this endeavour.

- **Make exercise a habit**

When you start to exercise regularly, eat healthier and take care of your body, you will feel happier and more relaxed. When you feel healthy and positive, you have the power to pass this energy onto your friends and families. Care for yourself as well as care for your loved ones.



06. Conclusion

Overall, the quality and duration of our sleep depends largely on two factors: our environment and our personal state. Getting better-quality sleep is the key to better health, and so we must do everything we can to ensure that we are clocking in just the right number of hours of sleep per day.

It's time to break the habit of getting just the bare minimum number of hours of sleep. Improve your health, mental capacity, and quality of life by sleeping more and sleeping better.





WELLCARE

Wellcare Co., LTD. was established by two sisters, Cindy and Jessica Wu, in 1995. Headquartered in Taiwan, the two sisters established R&D, Marketing, QA departments in Taiwan and manufacturing facility in China, with markets all over Europe, America, and Asia. Over the years, Wellcare has developed and introduced the following products: massage mat, massage chair, nature sound relaxer, nature sound with lighting, nature sound with aroma, bubble spa machine, nature well-being light, electric heating pad, electric underblanket and portable heating series.





A comfortable electric blanket will help you relax, stay warm and sleep better.

For many years, Wellcare has been devoting to research, trying to create the best user experience for our beloved customers. We finally achieved this goal with the launch of our latest 4D DWF technology. It creates a comfortable warmth flow and we are confident that you will fall in love with it instantly!

If you wish to learn more about Wellcare and our revolutionary 4-D Dynamic Warmth Flow (4D DWF) technology, please click on the button below.

[Learn More](#)