Creating a Stress-Free Sleep Space

1. Go Old School

Swap using your smartphone as your alarm clock for an old school one and charge your phone in a different room at night. When our phones charge close to our heads they are emitting electromagnetic frequencies (EMFs) and according to Dr. Andrew Goldsworthy can cause fragmented DNA which leads to cancer, ADHD, headaches, depression, tinnitus, and more.

2. Limit Light Exposure

Light exposure makes our body think we still need to be awake and alert. This reduces production of melatonin which is an important hormone to help us fall and stay asleep. Remove TV from the bedroom and limit screen time an hour before bed. Use LED candles or orangey/red lighting to create an inviting atmosphere that preps your body for sleep. Add blackout curtains especially if you have lights outside your window or have to sleep during the day to work at night.

3. Make It For Sleep, Relaxation, & Pleasure

Leave work, electronic devices, and tough conversations out of the bedroom. Pillow talk confessionals are amazing, but make sure your partner is in a mindset for the conversation before spilling your soul. Focus time in the bedroom towards sleep, relaxation like massage or yoga nidra a.k.a sleep meditations, and intimacy with yourself or your partner.

4. Set a Timer

Similar to taking your cell phone out of the bedroom, set your wifi router on a timer so it turns off while you're sleeping to further reduce EMF exposure in the house.

5. Detox Your Space

Wall plug-ins, sheets, and laundry detergent are simple swaps to reduce toxin exposure in your bedroom! If you're ready for a bigger investment in your health check out organic mattresses from Avocado Green Mattress. Check out the video on reducing chemical stress for laundry detergent and other recommendations.