

# HEALTHY ROOM, HEALTHY SLEEP!

Sleep ultimately makes you happier, healthier, and safer. During sleep your muscles repair, your memory strengthens, and your body releases hormones which regulate mood, appetite, and even libido.

Your brain also goes through wave cycles, which flush the chemicals you're exposed during the day and resets your immune system - but it can't do this if your sleep is impaired. Having dust, chemicals, and even electronics in the bedroom contributes to poor air quality and can degrade your sleep. And the "solutions" to light and noise issues can also cause their own problems.



## Create a Healthy Sleep Environment!

### MINIMIZE DUST

#### Separate your sleeping environment from your pet's.

This cuts down on pet dander, a common allergen. **If you have to let them in, don't let them on the bed.**



**Replace your mattress when it's over 10 years old.** Dust mites become harder to eliminate with time. Same goes for your carpet, if it's over 15 years old!



**Wash your bedding** once per week on a hot cycle to minimize exposure to dust mites. Use a non-fragranced, low-chemical detergent.



**Clean under the bed.** If you use this for storage, make sure to **pull everything out regularly.** **Clean floors weekly, and keep surfaces clear** to help prevent dust accumulation.

### FOR KIDS

#### Keep stuffed animals clean.

Freeze overnight in a plastic bag and place in clothes dryer on low-heat (without the bag) to remove dust mites and accumulated dust. [Learn more.](#)



### MINIMIZE CHEMICAL EXPOSURES

#### Sleep with the door or window open.

Natural ventilation is the best, it's free and provides direct source of fresh air.



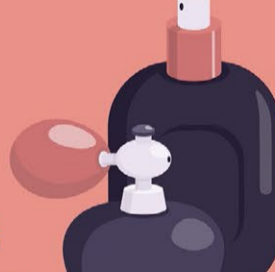
**Choose new bedroom furnishings and carpets carefully.** Off-gassing from paints, pressed-wood and fire retardants may release toxins into the air. Air out new mattresses and other furniture for at least 48 hours.



**Move your home office out of the bedroom** to reduce exposure to chemicals from toner and printer cartridges.

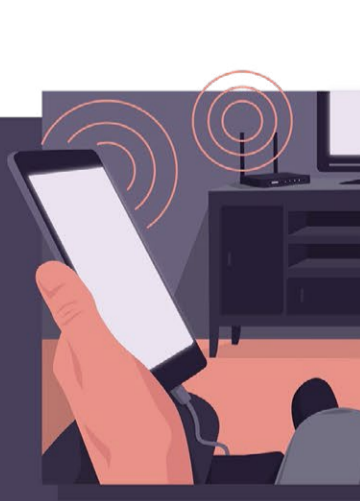
### FOR TEENS AND ADULTS TOO!

You may have just discovered scented body spray, but it's not your friend! **Perfumes and sprays increase your chemical burden.**

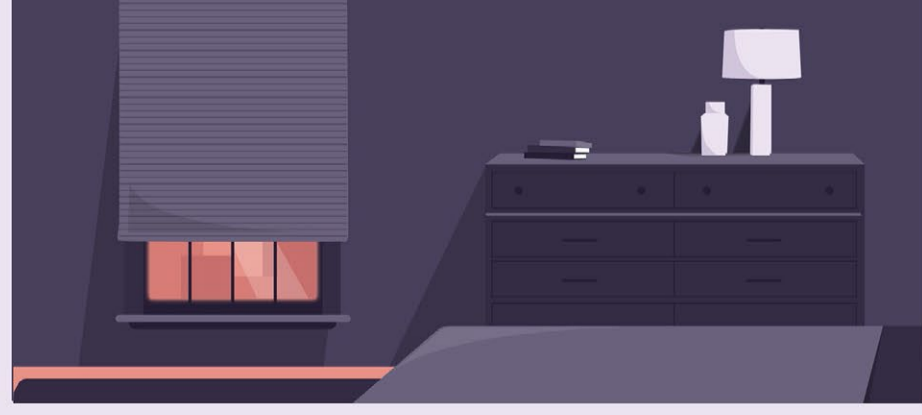


### MINIMIZE EMFs

**Keep electronics away from the bed.** Electromagnetic fields (EMF) generated by devices are problematic for the body and mind. Charge your phone in another room.



### TIPS FOR DEALING WITH NOISE AND LIGHT



Minimizing noise and light are important for sleep. However some of the "solutions" can cause their own problems. (ie. blackout curtains / blinds = extra dust).



Completely closed blinds can also trap air next to windows, leading to condensation and increased risk of mold. If you notice moisture on the window you may need to leave a small gap at the bottom of the shade.



Look for blackout blinds made without PVCs and flame retardants.

**Start transforming your bedroom.**

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