

# Sleep Environment Optimizer

Transforming Your Environment for Restful Nights and Relaxed Minds

Create Calm • Reduce Distractions • Support Better Sleep

## Why Your Environment Matters

Your surroundings can either:

- Help your mind relax
- Or keep it active and alert

A calm environment supports better sleep and fewer racing thoughts.

## Current Sleep Setup

Describe your sleep environment:

Use this space to note down the current setup of your room, focusing on factors like arrangement, colors, and items present.

## Comfort Check

Rate each area: (1 = Needs improvement | 5 = Ideal)

- Bed comfort: \_\_\_\_ / 5
- Room temperature: \_\_\_\_ / 5
- Noise level: \_\_\_\_ / 5
- Lighting: \_\_\_\_ / 5

## **What stands out?**

Reflect on the areas where you feel improvement is needed.

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## **Light & Screen Impact**

**Before bed, my environment is:**

- Bright
- Dim
- Dark

**Do I use screens in bed?**

- Yes
- No

**How might this affect your sleep?**

Consider how light and screen use might impact your ability to fall asleep.

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## **Noise & Distractions**

**What sounds or distractions are present?**

Write down any noises or distractions in your environment.

## How do they affect you?

Reflect on how these elements impact your sleep quality.

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## Mental Environment

### How does your space affect your thoughts?

- Calms my mind
- Feels neutral
- Makes me overthink
- Feels overstimulating

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## Environment Improvements

### What changes can you make?

- Dim the lights before bed
- Reduce noise or use calming sounds
- Remove distractions from bed
- Keep space clean and minimal
- Improve comfort (pillows, blankets)
- Other: \_\_\_\_\_

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## Sleep-Friendly Setup

### Before bed, I will:

- Put my phone away
- Lower lighting
- Create a calm atmosphere
- Avoid stimulating activities
- Other: \_\_\_\_\_

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## Ideal Sleep Space Vision

My ideal sleep environment feels like:

Use this space to describe how you envision your perfect sleep space.

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## **Small Changes Plan**

**One change I will start tonight:**

Identify a small, actionable change you can implement immediately.

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## **Reflection**

**What difference could a better environment make for my sleep?**

Reflect on the potential impact of an optimized environment on your sleep quality.

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You can't always control your thoughts—but you can shape the space around you.

***A calm space helps create a calm mind.  
“Design your space for better rest.”***