



THE GREEN GUIDE TO A HEALTHIER BEDROOM

BED FRAMES  
MATTRESSES  
PILLOWS  
SHEETS  
COMFORTERS  
WALLS  
FLOORS  
LIGHTING





In his best-selling books, television programs and magazine columns, environmental lifestyle expert Danny Seo shares his simple, creative ideas that have made him the authority on healthier, eco-friendly living.

"IF YOU'RE GOING TO GREEN ONE ROOM IN YOUR HOME, START WITH THE ONE YOU SPEND THE MOST TIME IN —YOUR BEDROOM."

*Danny Seo*



# WAYS TO A SOUNDER SLEEP

## PULL THE SHADES

Block unwanted light from the windows and through open doors. Unless you're still scared of monsters, you'll sleep better without a night light.

## TURN DOWN THE TEMPERATURE

Adjust the thermostat to a **cooler setting** (60 – 65 degrees °F) when you go to bed.

## AROMATHERAPY

Insert a tiny sachet of lavender in your pillow to help **ease tension**, calm nerves and promote sleep.

## PRACTICE RITUALS

Take a warm bath, eat a snack or listen to calming music every night.

## MAKE WHITE NOISE

Steady, low sounds coming from the whirl of a fan or air conditioner will help cover any unpleasant sounds.

## DON'T NAP

Studies have recommended **avoiding afternoon and evening naps**. Instead, save the sleep for an uninterrupted eight hours every night.

## KEEP A PATTERN

Go to sleep and wake up at the same time every day. This will help normalize your sleep patterns.

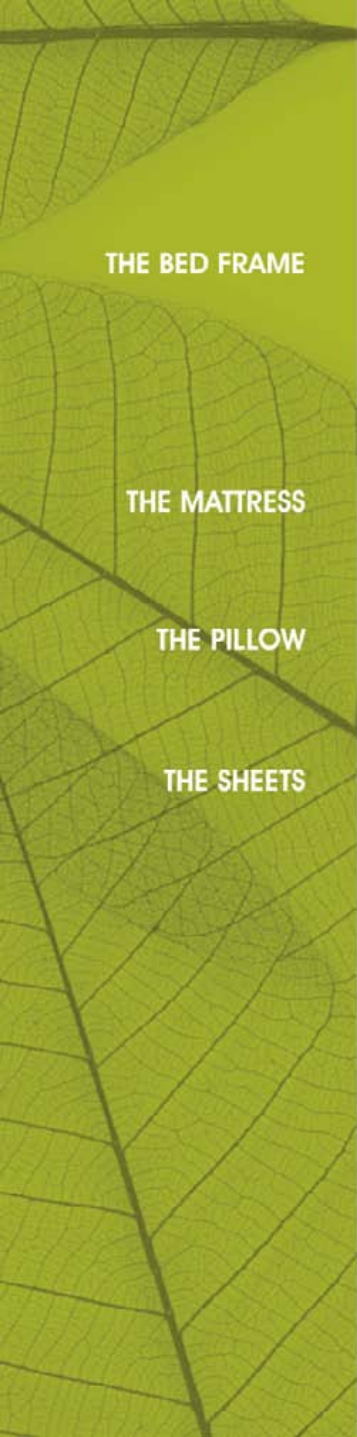
## RELAX

Put the day's worries behind you. Sit in a **quiet, comfortable spot** and slowly breathe in and out.

## AVOID SPICY FOODS

Meals seasoned with peppers, garlic or onions can cause heartburn and interfere with sleep.

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From the mattress to the pillows and beyond, here are some of Danny's tips for turning your bedroom into an environmentally friendly sanctuary for sleep.

#### THE BED FRAME

✔ Explore flea markets or antique malls for a frame with that lived-in look that can't be replicated in something new. Also take a look at your current bed. Perhaps a new coat of paint could give it a **whole new personality**. Either way, you'll be making a stylish and eco-friendly choice without depleting new resources.

#### THE MATTRESS

✔ Look for mattress alternatives that feature natural fabrics and natural materials like latex.

#### THE PILLOW

✔ Rather than choosing synthetic-fill materials, consider a naturally derived material like latex.

#### THE SHEETS

✔ Choose different materials for different seasons. For spring, try organic cotton. It's processed without harmful chemicals and has a wonderful, airy feel. On hot summer nights, hemp is a great choice. Over time, hemp sheets give the look and feel of vintage linen, but in a long-life, easy-care fabric. And on cold winter nights, nothing beats the warmth of **organic flannel sheets**.



## THE COMFORTERS

✔ Choose a comforter that's filled with cotton—it's a great insulator and hypoallergenic. It's also simple to clean in the washing machine. Another little tip: buy a comforter that's one size larger than the bed. It's a **luxury you'll appreciate** when the mercury starts to drop.

## THE WALLS

✔ Colors can set a mood and trigger specific emotions. For the bedroom, choose shades like **greens and pale blues** to help calm and relax you as you drift off to sleep. Avoid hotter, more stimulating colors like bright yellows and oranges.

## THE FLOORS

✔ Recyclable carpet or a solid floor with a natural area rug such as sea grass, coir or jute are ideal choices for the bedroom. You'll have a surface that won't end up in a landfill some day. You'll also create a **stylish, modern look** that's easy to maintain.

## THE LIGHTING

✔ Choose energy-saving bulbs to **reduce your bills**. Many of these bulbs also last up to 12 times longer than conventional ones. Supplement the overheads with decorative low wattage side lights, fairy lights or candles.

## CREATE A SANCTUARY

✔ If you're using your bedroom for paying bills, watching TV or answering emails, it will become just another room in your house and not a place to escape for sleep. So keep the realities of life at bay with a bedroom that's clutter- and distraction-free.



Aromatherapy with lavender essential oil has been known for years to help calm and promote sleep. Here's a simple way to create a **scented sanctuary every night.**

## DANNY'S LAVENDER LINEN SPRAY

Ingredients:

Mister bottle

Distilled water

Lavender essential oil

Simply fill your bottle with the distilled water and add 12 to 15 drops of lavender oil. Shake the mixture, then mist over your sheets and pillows at bedtime.

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