

Six elements for a quality night's sleep

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THERE is no denying that quality sleep is just as important as eating a well-balanced diet and exercising. There are a lot of factors that contribute to bad sleeping habits, and it is important that we understand the ways of getting quality sleep.



Generally, an average adult requires seven to nine hours of sleep every night. Lack of sleep affects people both mentally and physically, from lack of focus to mood swings, and posing a risk for other health issues.

All about tranquillity

The first major step toward a good night's sleep is to achieve optimum comfort with the correct mattress, pillows, and blanket. The right mattress has your back and this will prove to be beneficial in the long run for your health. You will get the most out of your sleep time if you have the right pillows and quilt cover sets.

Maintaining a proper temperature

Remember to set the air con or fan at a proper temperature and keep yourself comfortable by choosing the right duvet or blanket for you! Many of us sleep better in colder surroundings whilst the optimal room temperature is between 18 to 20 degrees.

Keep the lights out

A darker environment is ideal for a good night's sleep, as it reduces distractions around you. Consider solutions such as dimmable lights, table-lamps or even black out blinds. An eye mask is also another consideration to keep the light away.

Peace and quiet, alas!

The quieter the room, the better your sleep quality. Simple remedies such as sound absorbers, can help minimise noise, especially if you are a light sleeper.

Enhance the air quality

Unhealthy air quality at home can affect our quality of sleep. Spruce up your bedroom with live plants to filter the air in your rooms. Ensure that your bedroom is adequately aired once a week to keep the air quality indoors at bay.

A soothing atmosphere

Choosing the proper colours and bedding accessories influences the quality of your sleep. According to studies, individuals sleep best in blue-coloured rooms, followed shades such as yellow and green. If you are looking to makeover your bedroom, why not try out these tones to create an ideal environment that will give you a good night's rest sooner than later!

You can find more sleep solutions at the IKEA Sleep Festival taking place from now to Aug 10 at all IKEA stores nationwide. IKEA Family members also stand a chance to win a bedroom makeover and other bedroom products. To learn more, visit [ikea.my](https://www.ikea.my).

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