Home Improvements For Better Sleep

Although we all know getting enough sleep is essential for a healthy life, **more than 100 million Americans** report that they don't get sufficient sleep. Fortunately, there are numerous changes anyone can make around the house to help improve sleep.



Modernize with smart home automation technology, such as a smart home air system capable of regulating home temperature according to your bedtime schedule.

Upgrade your air filtration to a higher-quality system to support better air quality and, in turn, easier breathing for improved sleep.





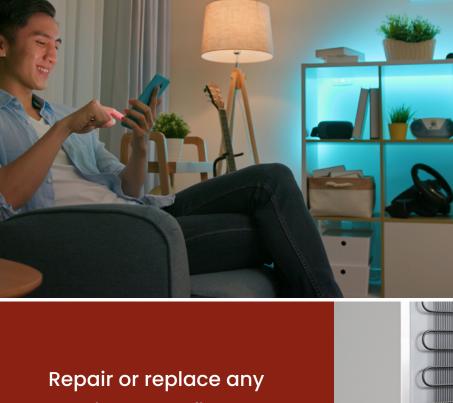
Soak away the stress of the day in your own hot tub to help bring on a sense of calm and relaxation by easing your muscles, which may support falling asleep quicker.

treatments designed to let in sun during the day as well as blackout curtains at night to support an effective circadian rhythm.

Utilize custom window



Install a smart lighting system that can customize the light's warmth, brightness and scheduling throughout the house to establish a mood change for bedtime.



appliances or fixtures
that create excessive
noise that is disrupting
your sleep or causing
distractions when
trying to fall asleep.



Ensure your rooms and

before bed by building a stowaway dresser or cabinet for any bedroom TVs.

blue light to a minimum

Ensure your rooms and windows are properly insulated to better regulate temperature and provide extra

soundproofing.



