

# 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.

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



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.



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



Keep screen time and blue light to a minimum before bed by building a stowaway dresser or cabinet for any bedroom TVs.



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

