



How to create a perfect sleep environment with window treatments.

Us humans spend about one third of our life sleeping. By correlation, we spend about one third of our life in our bedrooms. Here's the thing: if our bedroom isn't conducive to sleeping, we might have trouble catching some shut eye.

If you're having trouble sleeping, changing your window treatments can help. This article will help you create an ideal bedroom environment that's conducive to sleeping. The result? More sweet dreams.

Sleep deprivation is not healthy. In fact, many studies show that people who function short on sleep suffer from slower thinking, slower reaction times and moodiness. (That last one was a no-brainer.) Ideal sleeping spaces are: dark, cool, quiet and comfortable.

Here's how to achieve these conditions in your bedroom with window treatments:

Darken your room.

Use horizontal blinds and add decorative tape to block light entering through rout holes or add a blackout liner. If you don't want to go through these extra steps, Hunter Douglas has a variety of room-darkening products including Duette® honeycomb shades in Eclipse™ fabric and Vignette® Modern Roman Shades in EveScape™. If you prefer blinds, check out EverWood® 2" blinds and Country Woods® Genuine Woods blinds. Both blinds have Hunter Douglas' de-Light™ routless feature (no holes in the blinds to cause light leakage).

Cool it down.

If your room has a south-facing window, it's important to reduce heat loss and gains through the window. During the day, keep your shades drawn to keep the sun out. In addition, add a portable or ceil-



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continued

ing fan to circulate the air. If keeping the shades drawn doesn't help keep your room cool, check out Hunter Douglas' Duette® Architella® honeycomb shades. They're the only window treatment that qualifies for the energy tax credit and are sure to moderate the temperature in your sleeping space.

Quiet.

While window treatments can only do so much to reduce noise, they can do one thing: wake you up naturally, with the sun. If your schedule permits, you might consider ditching the noise of an alarm clock. Sleep experts recommend waking up at the same time everyday, and if you have window treatments that are motorized, you can program them to open the same time every morning and let the natural light wake you.

Make it comfortable.

If you implement the suggestions above, you're well on your way to creating a space that's conducive to sleeping. But there's one more thing that window treatments can do for your space: they make it comfortable. Nothing says "unsettled" like bare windows. Curtains add ambiance and can change the mood of your space, taking it from "unsettled" to "rested." The result? When you enter your room, you'll be ready to relax.

Sleep is necessary to function. With the right window treatments, you can make sure that you get all the sleep you need.