

# BEDROOM OPTIMIZATION CHECKLIST

The 3AM Reset for Perimenopause



CREATE YOUR SLEEP SANCTUARY.



# The Bedroom Optimization Checklist

Create Your Sleep-Ready Environment (Science-Based Setup)

## Why Your Environment Matters

In perimenopause, your body's sensitivity to environmental triggers increases.

A bedroom optimized for temperature regulation, darkness, and low stimulation can reduce 3AM wake-ups by 30-40%.

This checklist covers the essentials—no perfection required.

## TEMPERATURE CONTROL (Most Critical)

- ☐ Room temperature 65-68°F (18-20°C) ideal
- ☐ Breathable bedding (cotton, linen, bamboo preferred)
- ☐ Layered blankets (2-3 light layers > 1 heavy layer)
- ☐ Cooling pillow or pillowcase available
- ☐ Backup sleepwear within reach (if night sweats occur)
- ☐ Small fan for air circulation (white noise bonus)
- ☐ Window slightly open if safe (fresh air helps)
- ☐ Cooling tools bedside: damp cloth, gel pack (wrapped), cold water

## LIGHT CONTROL

- ☐ Blackout curtains or eye mask
- ☐ All LED lights covered (chargers, clocks, devices)
- ☐ No overhead lights—only dim lamps for nighttime
- ☐ Red/amber night light if needed (not blue/white)
- ☐ Phone face-down or in another room
- ☐ Clock turned away (to prevent time-checking spiral)

## SOUND MANAGEMENT

- ☐ White noise machine or fan (masks sudden sounds)
- ☐ Earplugs available if partner snores
- ☐ Address any HVAC/plumbing noises
- ☐ Soft rug if floor creaks (for bathroom trips)

## **BEDSIDE ESSENTIALS (Within Arm's Reach)**

- ☐ Your 3AM Emergency Protocol Card (printed)
- ☐ Water bottle (room temp or cool)
- ☐ Tissues
- ☐ Reading glasses (if needed for protocol card)
- ☐ Cooling cloth or wrapped gel pack
- ☐ Backup sleepwear layer
- ☐ Notepad + pen (for 'thought parking' only)

## REMOVE FROM BEDROOM

- ☐ Phone (or at minimum: face down, Do Not Disturb mode)
- ☐ Laptop/tablet (work association kills sleep)
- ☐ TV (if used before bed, turn off 30 min before sleep)
- ☐ Clutter (visual chaos = mental activation)
- ☐ Exercise equipment (bed = sleep only, not multi-use)
- ☐ Bills, to-do lists, work papers

## BED HYGIENE

- ☐ Mattress supports your body (not sagging)
- ☐ Pillows support neck alignment (1-2 pillows max)
- ☐ Sheets washed weekly (fresh scent = calm cue)
- ☐ Bed made daily (even loosely—signals 'sleep space')
- ☐ No eating in bed (reserve bed for sleep + intimacy only)

# Your Bedroom Optimization Action Plan

Review the checklist above and identify your top 3 priorities:

Priority 1 (Do This Week):

---

Priority 2 (Do Within 2 Weeks):

---

Priority 3 (Do Within 30 Days):

---

Remember: You don't need a perfect bedroom. You need a functional one.

Even 2-3 optimizations can significantly reduce nighttime wake-ups.

Date completed: \_\_\_\_\_



### **Quick Wins (If Budget Is Tight):**

- Open window for fresh air (free)
- Turn clock away from view (free)
- Move phone to another room (free)
- Use damp washcloth for cooling (free)
- Cover LED lights with tape (pennies)
- Rearrange layers instead of buying new bedding (free)

