

# THE ULTIMATE GUIDE

TO OPTIMIZING YOUR BEDROOM





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# INTRODUCTION

#### WHY IS IT IMPORTANT TO CREATE AN OPTIMIZED BEDROOM?

The bedroom is perhaps one of the most important places in any given home as it is where we spend about one third of our time everyday. Aside from sleep, the bedroom is also a place where many of us will study, relax, work, and handle our various day to day tasks. Because of this, optimizing a bedroom for comfort and functionality can offer many health, productivity, and lifestyle benefits. In this guide, we'll discuss how you can optimize a bedroom to accommodate your personal needs!



#### WHAT IS AN OPTIMIZED BEDROOM?

An optimized bedroom is a space that promotes relaxation, rest, and a sense of tranquility while being capable of handling all our bedroom tasks' needs. Some key elements of an optimized bedroom include a comfortable bed with a supportive mattress and quality bedding, adequate lighting that can be adjusted for the

different times during the day, proper temperature control, good air circulation, and minimal noise. Additionally, a clutter-free and well-organized bedroom can contribute to a peaceful atmosphere. Personal touches such as soothing colors, soft textures, and personalized decor can also enhance the comfort of a bedroom.



### BENEFITS OF AN OPTIMIZED BEDROOM



Reduced stress



Greater productivity



Improved air circulation



Fall asleep faster



Mitigates pain and injuries



Enhanced mood



Better sleep quality

#### COMMON SIGNS OF IMPROPER BEDROOM SETUP



## Poor Lighting

Lack of proper lighting can affect your circadian rhythm and make it challenging to sleep on time.



## Inadequate Temperature Control

Extreme temperatures, either too hot or too cold, can make it hard to sleep or relax in comfort.



### Cluttered Space

A messy and cluttered bedroom can create a sense of chaos and tripping hazards.



### Noise Disturbances

Excessive noise from outside or within the bedroom can disturb your sleep.



# Lack of Privacy

If a bedroom lacks privacy, it can make you feel uneasy and affect your ability to relax.



### Improper Bed Setup

Without a user suitable mattress and bed combination, issues such as back and neck pain becomes a risk.



### Poor Mood

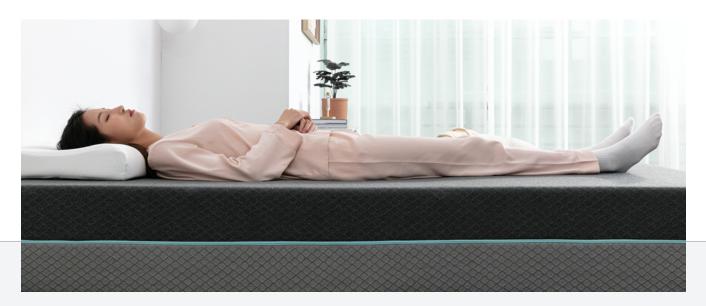
Disrupted sleep patterns negatively impacts our mood, productivity, motivation, and concentration.



#### COMFIGURE YOUR BED FOR COMFORT

Having proper posture and sleep is crucial for maintaining a healthy physical condition and clear mental state. Beds are primarily for sleep; however, many of us also stay in bed when watching television, working on a laptop, or reading a book. The best bed configuration for sleep can vary depending on each person's health condition and user preferences, but a few general tips include:

- Choosing a mattress with the ideal firmness level that provide adequate support and comfort for your body type.
- Supporting the natural curve of your neck by elevating your head with pillows to fill the gaps between your shoulder and head.
- Keeping your spine aligned in a neutral position in the sleeping position of your choice to avoid twisting or bending your spine unnaturally.
- Using additional support as needed according to your specific conditions or injuries in the form of pillows, rolled-up towel, bolsters, or cushions to maintain proper alignment.



- Suitable mattress firmness
- Neck support

- Spine in neutral position
- Proper sleeping alignment



#### REPLACE YOUR EXISTING BED WITH AN ADJUSTABLE BED

Because there is no universal one-size-fits-all, the flexibility of electric adjustable bed frames makes them among the most highly sought-after bed solutions on the market. An adjustable bed is a type of design where the bed's frame can be adjusted to different positions and configurations according to the user's choice. Popular features found in many adjustable beds include head and foot adjustments, massagers, underbed lighting, and USB charging ports. When you buy a Progressive Bed, you can rest assured of the best ergonomic experience combined with the quality, convenience, and risk-free purchase you can feel great about.



- Improves the quality of sleep
- Promotes proper posture
- Prevents snoring
- Greater comforts and luxury
- · Easier for getting in and out
- Charging ports for USB devices
- Versatile adjustable configurations

WHAT ARE THE BENEFITS OF USING AN ADJUSTABLE BED?



### OUR RECOMMENDED PRODUCTS







	Drift Classic	Drift Pro	Drift Elite
Head Adjustment	•	•	•
Leg Adjustment	•	•	•
Wireless Remote	•	•	•
2 x Programmable Preset Positions	•	•	•
One Touch Flat	•	•	•
Anti-Snore	•	•	•
Zero Gravity	•	•	•
Adjustable Legs (3", 6", 9")	•	•	•
Zero Clearance	•	•	
Mattress Retainer Bar	•	•	•
Battery Lock Wire	•	•	•
Headboard Mounting (Optional)	•	•	•
Bluetooth Dongle for Smartphone App (Option	al)	•	•
Bed Slat Mounting (Optional)	•	•	
Steel Frame	•	•	•
Underbed Lighting		•	•
Back and Leg Massage		•	•
USB Charger		•	•
Neck Adjustment			•
Wall Hugger			•



One Touch Presets



Head and Leg Adjustment



100-Night Trial



**Personalized Comfort** 



Easy Setup



15-Year Warranty



#### FINDING THE SUITABLE MATTRESS TYPE

A mattress for an adjustable bed is just as important as the bed's frame as the mattress largely determines whether you can make the most of your adjustable bed to see its true value! When choosing a mattress, consider what types of mattresses were best for your adjustable bed and whether the materials offer features that were suitable for your needs.

#### SOME FACTS ABOUT MATTRESSES YOU SHOULD KNOW



- Not all types of mattresses on the market are suitable for adjustable beds. A mattress that is too firm will require too much high pressure from the adjustable bed's motor, reducing its functionality. The design and materials used in softer mattresses have a better chance of being compatible with adjustable beds.
- A good-quality mattress suitable for adjustable beds can tolerate extra strain caused by changing bed positions. However, this may slightly reduce the mattress's life, resulting in deeper dents at the bend points.
- To ensure your mattress and adjustable bed are 100% compatible, a great rule of thumb is to purchase the mattress from a company that produces adjustable bed bases. You can also get pre-sales advice to find a product that meets your needs and post-sales support to resolve any issues you may have.



#### HOW TO CHOOSE THE BEST MATTRESS FOR AN ADJUSTABLE BED

Quality mattresses don't come cheap, so you should keep in mind several parameters when selecting the best mattress to make your investment worthwhile.

Size Thickness and Durability

> Firmness > Material

#### SIZE

Check your bed dimensions carefully to pick an appropriate mattress size. A mattress that is too big or too small won't let you fully enjoy your bed capabilities. At Progressive Bed, we offer the following adjustable beds' mattress sizes:

> Twin XL: 79.9" x 37.8" > Split King: 2 x (79.9" x 37.8")

**Queen:** 79.9" x 59.8" **King:** 79.9" x 76"

#### **FIRMNESS**

Generally, it's not advised to use too firm a mattress for adjustable beds since they don't flex enough to repeat the bed curves. Softer mattresses will work better with their ability to adjust to the bed's changing shape. Our Ergoflip Mattresses come in soft and medium firmness levels allowing you to flip the mattress whenever you want to try a new sleep experience.





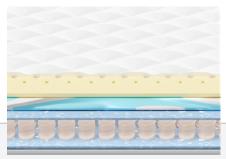
#### THICKNESS AND DURABILITY

Mattresses for adjustable beds shouldn't be too thick. The ideal mattress's thickness is about 10.63" with 12" as a maximum. Excessive density will make bending and adjusting to the bed motion harder. The mattress's durability depends much on the material it's made of and the number of layers. Memory foam and latex are typically durable and resistant to wear and tear and are a good choice if you want your mattress to last for the next 7-10 years. It's also worth search for unbiased customer reviews, know whether sleep trial is provided, what the warranty period is, and check the delivery options.

#### **MATERIAL**

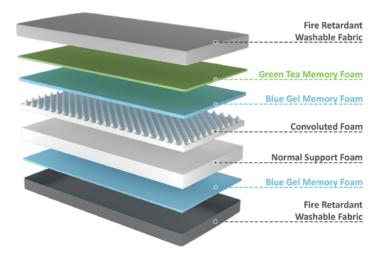






If you want to make the most of your adjustable bed, we'd recommend opting for a flexible yet durable type of mattress material that follow the base contour while maintaining their resilient structure. Latex, memory foam, and hybrid type mattresses are some examples that match these requirements.

#### **OUR RECOMMENDED PRODUCTS**



Our ErgoFlip Mattress is designed to pair perfectly with both our adjustable bed and regular bed frames, providing long-lasting comfort and adaptive support. Its adaptive support makes the ErgoFlip ideal for any sleeper type and position, whether you're a side, back, or stomach sleeper. Coming in three different sizes and five foam layers, the ErgoFlip ensures a great night's sleep that's tailored exactly to your needs.





- Fire retardant washable fabric: Mattress cover that is easily machine washable in cold water, durable, and fire resistant
- > Green Tea Memory Foam: Thin foam layer to provide extra comfort and softness
- **Blue Gel Memory Foam:** Cooling gel that helps you maintain a cool and comfortable temperature by drawing body heat away
- **Convoluted Foam:** Flexible foam layer to provide support and airflow for reactive bounce
- Normal Support Foam: The core and thickest layer of our mattress to ensure proper support and firmness



# PROPER SUPPORT AND PRESSURE RELIEF

Our foam mattress helps to relieve pressure points while also providing enough support for your spine. Avoid the discomforts of back, joint, and ligament pain through our foam mattresses that perfectly forms into your body's shape!



# ULTIMATE COMFORT IN ANY SLEEPING POSITION

The five layers of our foam mattress are designed to accommodate any resting position! Regardless of whether you were a side, back, or stomach sleeper, our gel layer keeps your body in a cool and comfortable temperature for top quality sleep!



# CUSTOMIZE YOUR COMFORT WITH ONE FLIP

Our double-sided foam
mattress design allows you to
choose either a soft or
medium firmness level for
maximum comfort at any time.
If you were in the mood for a
different firmness level, simply
flip the mattress and enjoy a
new sleeping experience!

progressivebed.ca | sales@progressivebed.com | 1-800-828-9381

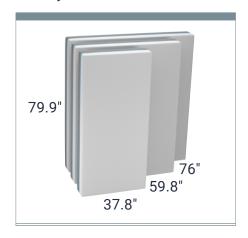


#### SIZING THE RIGHT FRAME AND MATTRESS COMBINATION

At Progressive Bed, we offer mattresses that fit standard frames and bases while also allowing for various adjustable bed configurations so you can find the best match for your needs.

The Twin XL and Queen bed configurations are independently controlled as stand-alone units. Twin XL bed configurations consist of one Twin XL mattress and one Twin XL frame. Our Queen bed configurations consist of one Queen mattress and one Queen frame.

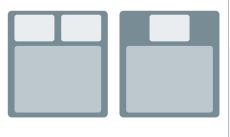
Our Split King bed configuration is a design that combines two Twin XL mattresses together with the option to move synchronously together or be controlled independently with two Twin XL adjustable bed frames side by side. The King bed configuration is a design intended for one large King mattress to go with two Twin XL adjustable bed frames that move synchronously together.





Twin XL

Single adults, teens, or kids.



**Oueen** 

Parents with children, couples, pet owners, single adults, teens, or kids.



**Split King** 

Couples with different sleeping or resting preferences.



King

Parents with children. couples, or pet owners.

#### SIZING CHART FOR MATTRESSES

Mattress Configuration		Measurements (Length x Width x Thickness)	Weight
	Twin XL	79.9" x 37.8" x 10.63"	41 lbs
	Queen	79.9" x 59.8" x 10.63"	62 lbs
	King	79.9" x 76" x 10.63"	78 lbs



#### Twin XL



9.9" x 37.8"



1 person

Measuring 79.9" long and 37.8" wide, each Twin XL mattress can be used by an individual user. Single users can enjoy a Twin XL bed with one Twin XL mattress and frame, however, combining two Twin XL mattresses and frames allows for a Split King configuration for couples with different sleeping preferences.



#### Queen



**2** 79.9" x 59.8"



1 or 2 people

Our Queen mattress measures 79.9" long and 59.8" wide. Combining a Queen mattress and Queen frame works well for individuals who prefer extra space. Couples, pet owners, and parents with children who do not need as much space as the King-sized beds may also find the Oueen size sufficient.



#### King



**9.9"** x 76"



2 people

As the largest size we offer, a King mattress is 79.9" long and 76" wide. When combined with our King bed frames, the King bed offers plenty of space for couples, pet owners, or parents with children to enjoy.





#### ENHANCING YOUR BEDROOM LIGHTING

Aside from sleep, the bedroom is also where many of us will study, relax, work, and handle other various tasks. Because of this, it is essential for every bedroom to have lighting that promotes a comfortable and relaxing environment for quali-

ty sleep while also having functional lighting to handle our day-to-day tasks. It can be tricky to find the best bedroom lighting for all our needs, however, using the right balance and combination of different light sources makes it possible.







#### LIGHTING TEMPERATURE AND INTENSITY

Since everybody has different eyes, preferences, and health conditions, the best room lighting and lamps will depend on the individual, their age, mood, and the time of day. It is most important to prioritize relaxation and comfort for a bedroom as the place we will sleep and rest, then we can aim to add style and function after.

- Too much light intensity can be overwhelming and make it difficult to relax, while too little light can make it hard to see.
- Cooler colors like blue and white can help create a more energized space if you were working from home in your bedroom.
- Warmer lighting colors like yellow and orange are usually better for creating a cozy atmosphere when it is approaching bedtime.
- When it is nearly time for sleep, avoid high levels of brightness over 3000 Kelvin as this can disrupt your sleep pattern.
- Divide your bedroom into zones and make the process of layering lighting easier by considering the areas you will have your bed, workstation, vanity mirror, and dressing area.



### TYPES OF LIGHTING

The different activities we do in our bedroom need different types of lighting to avoid eye strain or headaches. Usually, it is best to have a combination of the three major types of lighting sources below with the option to adjust brightness and color for individual room lighting:

#### **GENERAL LIGHTING**

Illumination from large light sources that indirectly lights up the general area of a spacious room.

#### **TASK LIGHTING**

Light that is being pointed at an angle toward your area of focus while reading, writing, or using our electronic devices.

#### **MOOD LIGHTING**

Lighting to set the atmosphere to suit your mood during the different hours of your day.

#### **OUR RECOMMENDED PRODUCTS**



- Touch Control
- · Flexible Gooseneck
- · Non-Slip Clip
- · Sturdy Built



- Touch Control
- · Brightness and Color Control
- · Multi-Angle Adjustable
- · Eye Care
- Auto Timer



- · Adjustable Brightness
- · Ambient Lighting
- · Adjustable Speed
- · 358 Different Effects



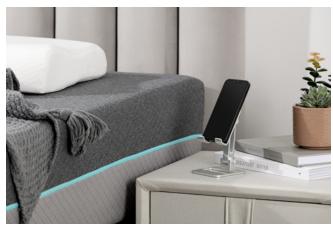
#### KEEP YOUR BEDROOM TIDY AND ORGANIZED

Having a tidy and organized bedroom can contribute to a more peaceful, productive, and enjoyable living environment. Since a clutter-free environment promotes relaxation and reduces stress, using bedroom accessories that can help

keep your bedroom tidy and organized helps you get better sleep quality. A clean and organized bedroom also creates a calm and focused atmosphere, making it easier to concentrate and be productive.









Besides productivity and sleep, regular cleaning and organizing of your bedroom helps maintain cleanliness and prevent the buildup of dust, allergens, and bacteria. It also saves time and reduces frustration by allowing you to locate and access your belongings more easily. By using straps to keep your frames, mattresses, and bedding sheets securely in place, users can enjoy a tidy and organized bedroom that looks visually appealing and save time from having less resecuring to do.



# OUR RECOMMENDED PRODUCTS STRAPS



**Bed Sheet Holder Straps** 

Holds bedding sheets in place so they don't crumple or slide off the bed.





### Connector Straps for Twin XL Bed Frames

Ensures two Twin XL Frames are firmly secured together.



### **Mattress Holder Straps**

Clamps mattress down to bed frames, avoiding gaps between the frame and mattress.

#### **BEDSIDE STANDS**



#### **Bedside Tablet Stand**

- Features: Integrated Cable Management,
   Foldable Design, Non-Slip Silicone Pads,
   Adjustable Viewing Height & Angle
- Material: Aluminum Alloy
- Dimensions (LxWxH): 5.7" x 5.7" x 3.9" 8"
- · Base Rotation: 360°
- Compatibility: 4" 13" Phone or Tablet
- · Weight Capacity: 11 lbs
- · Warranty: 15 years



#### **Bedside Phone Stand**

- Features: Foldable Design, Adjustable
   Viewing Height & Angle, Non-Slip Silicone
   Pads, Reduced Screen Interference
- Material: Aluminum Alloy
- Dimensions (LxWxH): 3.3" x 3.7" x 3.2" 5"
- · Compatibility: Phone or Small Tablet
- Weight Capacity: 11 lbs
- · Warranty: 15 years





Maintaining proper posture and ergonomics in bed is crucial for our long-term health, mood, and comfort. Because of this, overbed tables are a necessity to support the independence of individuals with physical limitations while still offering many practical uses and convenient features that will benefit anyone in bed. Overbed tables are a multi-purpose surface that can be used for placing personal items to allow for more user convenience for bedroom tasks such as:



**Arts and Crafts** 



**Enjoying Food and Drinks** 



Working on a Laptop



Reading Books and Newspapers



Playing Cards and Board Games



Placing Phones, TV Remotes, Other Personal Items, etc.

The use of wireless smartphone controls also helps keep things more organized while improving user convenience. By making the process of adjusting our beds more convenient and available on phones, users have less

tendency to forget to bring their beds back into the proper tidy position. Other advanced features such as having alarm settings also improves organization and timing for a user to stay on schedule.



### **OVERBED TABLE**



· Height Adjustment Type: Gas Spring

· Controls: Handle Grip

• Height Adjustment Range: 26" - 41"

• Tabletop Dimensions: 27.56" x 15.75"

• Weight Capacity: 15 lbs

• Portability: Lockable Wheels

· Tabletop Color: Black, White

• Frame Color: Black, White

• Frame Material: Steel

• Warranty: 3 years

#### **BLUETOOTH DONGLE**

- Set up to 5 alarms with advanced features
- Preset zero-gravity, flat, or anti-snore positions
- Memorize your favorite bed configuration
- · Regulate head, back, and leg adjustment
- Switch between massage 4 modes and 3 intensity levels
- Compatible with Android or iOS platforms via Progressive Sleep app





#### USE COLORS AND TEXTURES TO SET THE MOOD

Choosing the right colors and textures can create a soothing environment with a comfortable feel. While bright loud colors can promote alertness and productivity, darker tender colors like soft blues, calming greens, or gentle neutrals for bedding sheets and pillows can help to relax your mind. The best option is to have a few choices you can swap to depending on your mood. Toned-down shades of your favorite colors can also be a good compromise when choosing bedsheets and pillowcases that are stylish while still promoting comfort and coziness.



Headboards can enhance the overall look and style of a bed to make it the center piece of a bedroom. They come in various designs, materials, and colors, allowing you to choose one that complements your decor and personal taste. During the winter season, headboards can provide better insulation by preventing cold air from directly reaching your head and neck. Besides this, headboards act as a barrier that prevents your bed frame from directly touching and damaging the wall. We also offer slat brackets if users want to keep their existing bed frames for their added decorative or sentimental value while still being compatible with our Drift Classic and Drift Pro adjustable beds.



#### **OUR RECOMMENDED PRODUCTS**

#### **BEDDING**



**Cloud Duvet Cover Bedding Set** 

- 100% Cotton
- Hypoallergenic
- Breathable
- · Easy Care
- · 3 Color Options



### **Waterproof Mattress Protector**

- · Waterproof
- · High Quality Materials
- · Easy to Clean
- Breathable

#### **BRACKETS**



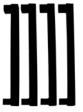
Adjustable Bed Base Headboard Brackets

Sturdy mounting attachments for installing headboard to the Drift Pro or Drift Classic



Adjustable Bed Base Headboard Brackets

Sturdy mounting attachments for installing headboard to the Drift Elite



Slat Brackets for Drift Classic and Drift Pro

Perfect for users who want to experience the benefits of Drift Classic and Drift Pro adjustable beds while keeping their existing bed frame.



#### REMOVE NOISE AND LIGHT DISTURBANCE

We've all been there – tossing and turning in bed, desperately craving a good night's sleep, only to be disturbed by noisy neighbors or flashing lights from the cars and houses next door. It goes without saying that a quiet and dark bedroom is key to a good night's sleep. While there are certain variables out of our control, a few things we can consider for mitigating these disturbances include:







White noise and soothing sounds



Sleep masks



Soundproofing your bedroom



Blackout curtains

#### **EARPLUGS FOR SLEEP**

Earplugs are a practical and affordable solution for blocking out unwanted noise. Made from comfortable materials, earplugs fit snugly into your ears and effectively reduce noise levels. Whether you're traveling, living in a noisy neighborhood, or simply sharing a room with a snoring partner, earplugs can significantly improve your sleep quality.



### WHITE NOISE AND SOOTHING SOUNDS

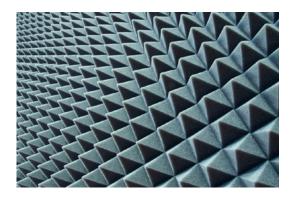
If you find it difficult to fall asleep in complete silence, consider using white noise machines or soothing sound apps. These clever devices and apps emit a constant, gentle background sound that masks other noise disturbances. You can choose from a variety of options such as rain showers, ocean waves, or even the rustling of leaves. Test different sounds and discover what works best for you.





#### SOUNDPROOFING YOUR BEDROOM

For those facing chronic noise disturbances, it might be worth considering soundproofing your bedroom. This can involve adding acoustic foam panels to walls, using heavy curtains, sealing gaps in doors and windows, and even investing in soundproofing materials for your floors. Although a more significant investment, soundproofing can provide a long-term solution for a peaceful sleep environment.



#### **SLEEP MASKS**

Consider your comfort preferences and any allergies you may have when selecting your sleep mask material. The ideal size should fit comfortably on your face without putting too much pressure on your eyes. Sleep masks that effectively blocks out light to create a dark environment for better sleep are preferable, so look for masks with a contoured design or those that have a nose bridge to prevent light leakage.



#### **BLACKOUT CURTAINS**

When choosing blackout curtains for sleep, look for curtains that are made of thick, opaque fabric that can effectively block out light. The curtains should have a tight weave and be lined with a blackout material to prevent any light from seeping through. Additionally, consider the length and width of the curtains to ensure they fully cover your windows and create a dark environment. It's also helpful to choose curtains with a noise-reducing feature to minimize any outside disturbances.





#### MAINTAIN HEALTHY LIFESTYLE HABITS

Although there are different ways to help encourage sleep, the ideal case is to have long-term practices that are healthy and sustainable to promote good quality sleep every night. Thankfully, there are several healthy lifestyle habits that we can practice for long-lasting improvements in our sleep quality. These habits can also help better our physical health by reducing the risk of developing certain chronic diseases such as heart disease, diabetes, and obesity.



#### PHYSICAL ACTIVITY & EXERCISE

Physical activity and exercise during the day is an effective way to tire us out as night approaches, so we can fall into deeper sleep more easily at night. Aside from promoting good sleep at night, exercise can also be a fun hobby! It is usually recommended to avoid exercising too close to bedtime depend on how long it takes for your heart rate and body temperature to settle before heading to bed. To experience the benefits of exercise for sleep, it is best to try out different activities and schedules for your exercise that can help you figure out what works best for your body.



### WATCH YOUR DIET

Taking caffeine or coffee during the day can help some of us stay awake, however, taking too much can result in becoming overdependent on its effects. The most effective way to ensure your sleep pattern does not get disrupted from food and drinks is to avoid caffeine, nicotine, and alcohol before bedtime by controlling when and how often you consume them. It is also good practice to avoid heavy meals right before bed as a stomach that is too full can lead to discomfort.



### FOLLOW A DAILY LIGHT-DARK CYCLE

The essential hormone for sleep known as melatonin increases in production when our bodies are subject to darkness but will decrease production during the day. Because of this, exposure to bright natural sunlight and artificial lights helps improve our concentration and alertness during the day. Properly regulating our exposure to bright lights will prevent the disruption of circadian rhythms, making it easier to stay awake during the day and fall asleep faster at night.





#### RELAX YOUR EYES BEFORE BED

Many electronic devices emit blue lights which can result in the suppression of melatonin, resulting in a harder time falling asleep. To promote better sleep at night and reduce eye strain, avoid using electronic devices before bed. This also helps ensure you have less distractions before heading to bed to promote a peaceful mind. If you urgently need to use your electronic devices when it is close to bedtime, blue light filters and wearing the suitable glasses can help make it easier to fall asleep later.



#### FIND THE PERFECT SLEEP TEMPERATURE

A comfortable temperature for bed makes the process of falling asleep faster and easier. The suggested bedroom temperatures can range from 60 to 67° F (15 to 19° C), however, finding what works best for you is more important. Adjust your thermostat and wear the clothes that best match the seasonal temperature. Warm showers can also help speed up the temperature changes in our bodies.



#### CALM YOURSELF BEFORE BED

Practice relaxation techniques to calm your stressful thoughts before you sleep such as meditating, reading a book, drawing, listening to calming music, or aromatherapy. If you have stress that involves lots of thinking, write them down on a paper notebook so you can plan for them the next day. Productive stress is something best handled during the day with proper planning while you are awake while unproductive stress before heading to bed usually results in sleep loss.



#### MAINTAIN PROPER POSTURE THROUGHOUT YOUR DAY

Consider using standing desks and alternating between sitting and standing while you are at your desk. Progressive Desk as our sister company offers a large range of different standing desk models with unique features to choose from. Just like adjustable beds, adjustable standing desks can switch into different configurations anytime you needed them to, promoting proper posture throughout your day and reducing the risk of new injuries from developing.





#### CHECK-UP WITH YOUR DOCTOR

If you have done everything you can and still have lots of trouble with getting proper sleep, try visiting a doctor for advice. Consultation from a doctor can help us understand what we need to practice and potentially add to our routine. Doing extra research and asking your doctor if natural sleep aids and supplements were necessary for you can help determine if they are suitable for your condition.



#### KEEP YOUR SCHEDULE CONSISTENT

Maintain healthy sleep habits as much as you can throughout the week and follow a regular sleep schedule so that your body can develop a consistent sleep cycle. Napping can be beneficial for some people, but it is recommended to keep naps short at around 20 to 30 minutes and avoid napping late in the day so that it does not disrupt your main sleep at night.



#### **SUMMARY**

From better quality sleep, improved air circulation, reduced stress, enhanced mood, and greater productivity, the benefits of an optimized bedroom are endless. By following some of our tips, you too can experience the benefits of an optimized bedroom with greater functionality and comfort. We hope you found this as informative and interesting as we did, especially if you were looking for ideas and recommendations on optimizing your bedroom. If you have any queries about our adjustable beds or have trouble picking out the right accessories to suit your bedroom needs, feel free to reach out to us! Our team of representatives is experts in what we do and will be happy to help with any questions you may have!