



SLEEP WORKBOOK 06

Creating a Sleep-Friendly Bedroom

A practical workbook for creating a bedroom that feels comfortable, visually calm, personal and supportive of rest.

NOTICE • TRY • REFLECT

A sleep-friendly room does not need to be perfectly tidy, minimal or styled a certain way. The aim is to notice what your senses and attention respond to, then create a space that feels quieter and easier to rest in.

This workbook belongs to:

NOTICE

How Does My Bedroom Feel at Night?



Before changing anything, notice the overall feeling of your room. A space can be physically comfortable but still feel visually busy, distracting or difficult to settle in.

Visual information matters too. Open storage, piles of belongings, bright colours or lots of objects in view can feel useful or enjoyable to one person and visually 'loud' to another.

What do I notice?

- | | |
|--|--|
| ☐ The room feels visually calm | ☐ There is a lot in my line of sight |
| ☐ I can easily put things out of view | ☐ The colours feel restful to me |
| ☐ The lighting feels comfortable | ☐ Noise is manageable |
| ☐ The temperature feels right | ☐ My bedding feels comfortable |
| ☐ The room feels private / secure | ☐ Work or chores are visible from bed |
| ☐ My phone easily grabs my attention | ☐ I enjoy looking at my bedroom |

REFLECT

The first thing I notice about my sleep space is...

What catches your attention when you get into bed - in a good way or an uncomfortable way?

NOTICE

My Sleep Environment Audit

Look at four parts of your sleep environment. Tick what already works and mark anything you may want to experiment with.



LIGHT

- ☐ Curtains / blinds work well
- ☐ Artificial light feels soft
- ☐ Screens are not too bright
- ☐ I can make the room darker

SOUND

- ☐ Outside noise is manageable
- ☐ Household sounds are manageable
- ☐ Background sound helps me
- ☐ I can reduce sudden noises

TEMPERATURE

- ☐ Room temperature suits me
- ☐ Bedding suits the season
- ☐ Airflow feels comfortable
- ☐ Sleepwear feels right

COMFORT

- ☐ Mattress feels supportive
- ☐ Pillows suit me
- ☐ Bedding texture feels good
- ☐ I can change position easily

REFLECT

One physical change worth testing

Choose something small rather than trying to redesign the whole room at once.

NOTICE

What Helps Me Feel Safe, Calm & Settled?

Rest is influenced by more than darkness and temperature. Familiarity, visual enjoyment and sensory comfort can all affect how a bedroom feels.

A peaceful room can still have personality. The goal is not to remove everything you enjoy - it is to notice which things feel comforting or visually pleasing and which things keep asking for your attention.

My comfort and calm cues

- | | |
|--|--|
| ☐ Colours I enjoy | ☐ Closed / concealed storage |
| ☐ Favourite bedding | ☐ Familiar objects |
| ☐ Soft or warm lighting | ☐ A clear view around the bed |
| ☐ Weighted pressure | ☐ A particular scent |
| ☐ Background sound | ☐ Door open / closed |
| ☐ A pet nearby | ☐ Photos / artwork I enjoy |

REFLECT

My comfort essentials

What makes the room feel like somewhere you genuinely want to rest?

NOTICE

Visual Calm & Visual Enjoyment

Real-life changes can make an abstract idea easier to picture. This example shows how the same bedroom became visually quieter while still keeping colour, pattern and personality.

BEFORE - ACCESSIBLE, BUT VISUALLY BUSY

Open storage kept belongings easy to see and reach, but also kept a lot of everyday visual information in view.



AFTER - ACCESSIBLE, BUT VISUALLY QUIETER

Closed doors contain the storage behind a calmer surface while the muted green still adds colour.



PERSONALITY, NOT PERFECTION



Visual calm does not mean removing colour, pattern or things you love. The finished room still includes floral bedding, greenery and photographs. The dragon is a small personal detail that makes the space feel individual without the same visual demand as exposed everyday storage.

What feels right for me?

- | | |
|--|---|
| ☐ I prefer most belongings out of sight | ☐ I like being able to see my belongings |
| ☐ I prefer a mixture of open and closed storage | ☐ Colour helps my room feel restful |
| ☐ Pattern / artwork makes the room feel like mine | ☐ I feel calmer when surfaces look quieter |

What would make my bedroom feel visually quieter without making it feel less like me?

Think about what you need to see, what you prefer concealed, and which colours or details bring enjoyment.



What Is Keeping My Bedroom 'Awake'?

Some parts of a bedroom quietly signal activity, unfinished tasks or stimulation. Identify what affects you rather than following rigid rules.

Visible belongings can be practical and accessible, but they can also create visual noise. Concealed storage, baskets, doors or simply changing what is visible from bed may create calm without sacrificing accessibility.

What keeps asking for my attention?

- | | |
|--|--|
| ☐ Phone notifications | ☐ Bright or changing screens |
| ☐ Work equipment | ☐ Laundry / unfinished chores |
| ☐ Open storage | ☐ Lots of objects in view |
| ☐ Harsh lighting | ☐ TV left playing |
| ☐ Things I need to remember | ☐ Clutter beside the bed |
| ☐ Strong visual patterns | ☐ Something else: _____ |

TRY

One realistic way to make the room feel quieter

This could be closing a door, moving one pile, hiding a charger, changing a bulb, turning something around or clearing only what you see from bed.



Build My Sleep-Friendly Space

Use what you have noticed to make a personal plan. You do not need to buy new things or create a picture-perfect bedroom.

MORE OF

What would make the room feel better?

LESS OF

What feels visually or physically 'loud'?

KEEP

What already works well?

CHANGE

What is worth adjusting?

MY EASIEST CHANGE

The smallest change I can make first

Choose something affordable, achievable and easy to test. Small environmental changes can still make a noticeable difference.



My 7-Night Bedroom Experiment

Choose one environmental change and notice how the room feels. The goal is to learn what supports you, not to rate whether your bedroom is 'good enough'.

	MON	TUE	WED	THU	FRI	SAT	SUN
Made my chosen change	☐	☐	☐	☐	☐	☐	☐
Room felt calm / comfortable	☐ 1-5	☐ 1-5	☐ 1-5	☐ 1-5	☐ 1-5	☐ 1-5	☐ 1-5
Settling felt easier	☐ 1-5	☐ 1-5	☐ 1-5	☐ 1-5	☐ 1-5	☐ 1-5	☐ 1-5

Tick the first row. For the last two, write 1-5 inside the circle (1 = not at all, 5 = very).

What did I discover?

WHAT MADE THE ROOM CALMER?

WHAT STILL DISTRACTS ME?

SOMETHING I WILL CHANGE

SOMETHING I WILL KEEP

Your bedroom does not have to look minimal to feel restful. A sleep-friendly space is one where comfort, accessibility, visual enjoyment and calm work together for you.