



Sleep easy: How to achieve a better night's sleep

Living in a world where technology enables us to be reached 24/7 means that when we do get some much-needed switch off time, it can be hard to relax and unwind.

Yet the benefits of good sleep hygiene are widely recognised, helping to improve mood, concentration, and memory, as well as lowering the risk of serious health conditions. When it comes to the quest for a good night's sleep, the following tips are a good starting point for optimising the quality of those precious hours.

Colour schemes

Opt for cool colour palettes on walls and furniture (blues, green and greys) which are linked to reduced heart rate, lowered blood pressure and slower respiration: the body's way of preparing for sleep. Warmer tones (reds and purples) have been found to have the opposite effect and are better used for accents of colour on accessories.

Feng Shui

The ancient Chinese art of achieving balance and creating a healthy environment has seen something of a revival in popularity in recent years, not least due to the fact we've all had to spend more time at home. Given that we spend around a third of our life in the bedroom, it seems like a good place to start! Ideally, space permitting, beds should be placed with the head against a wall and space around both sides and the foot to allow energy to flow freely. Symmetry is also key, whether this is achieved through bedside tables, lamps, or soft furnishings. Fitted wardrobes that are integrated into the walls of the room are preferable to oversized, potentially looming, individual pieces of furniture.

Maximising storage

Decluttering seems to be the buzz word of several home makeover shows and with good reason. A useful starting point when tackling too many belongings is to ask yourself if you've used it in the last year. If the answer is no, it most likely has to go! Then consider whether some of the decorative objects could be housed elsewhere in the home for a more minimalist approach to the bedroom environment. Finally, re-think your furniture choices: choosing floor to ceiling bespoke wardrobes creates a significant amount of extra storage- with the added bonus of putting an end to cleaning the tops of dusty items.

Floor space

Instantly create the perception of a larger room by keeping the floor space as clear as possible. Laundry baskets, shelving and shoe racks can all be incorporated into fitted wardrobes, whilst floating bedside tables are a great option, particularly in smaller rooms. Wall mounted items such as shelving and artwork are better placed in higher positions; the lower they are placed, the more compact the room will appear.

For further information on made to measure wardrobes and fitted storage solutions, visit AK Fitted Interiors, based in Stoke Prior, and speak to one of their friendly design team who will advise you on how to best use your space.

For more information, go to
www.akfittedinteriors.co.uk