

11 Green Steps to a Better Night's Sleep

Improve your zzz's with these easy earth-friendly tips

By [Laurie Pawlik-Kienlen](#) Posted July 08, 2008 from [WomansDay.com](#)



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Looking for ways to ensure a great night's rest? Studies show that "greening" your bedroom improves air quality and reduces chemicals, promoting better zzz's. Here we've rounded up ways to fall asleep faster and snooze more soundly, all while helping the environment. Whether you take on simple tasks such as decluttering your closets or more complex ones like replacing wall-to-wall carpets, we think you'll find that each green step brings you a little closer to the land of Nod.

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Go light green

Be aware of the eco-friendly possibilities for your bedroom, but don't feel pressured to implement them all immediately. Michal Strahilevitz, a Golden Gate University professor who specializes in green behavior, says, "It's not all or nothing with going green." She compares adopting a green lifestyle to eating right or exercising: You don't have to do it perfectly for it to count. "There are shades of green, and people should make the eco-friendly choices that are right for them," she says. When creating a green bedroom, start small and work your way up the eco-



Small and work your way up the see
ladder.

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mattress, purchase a bamboo or wool
mattress cover that can serve as a
buffer against toxins.

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