

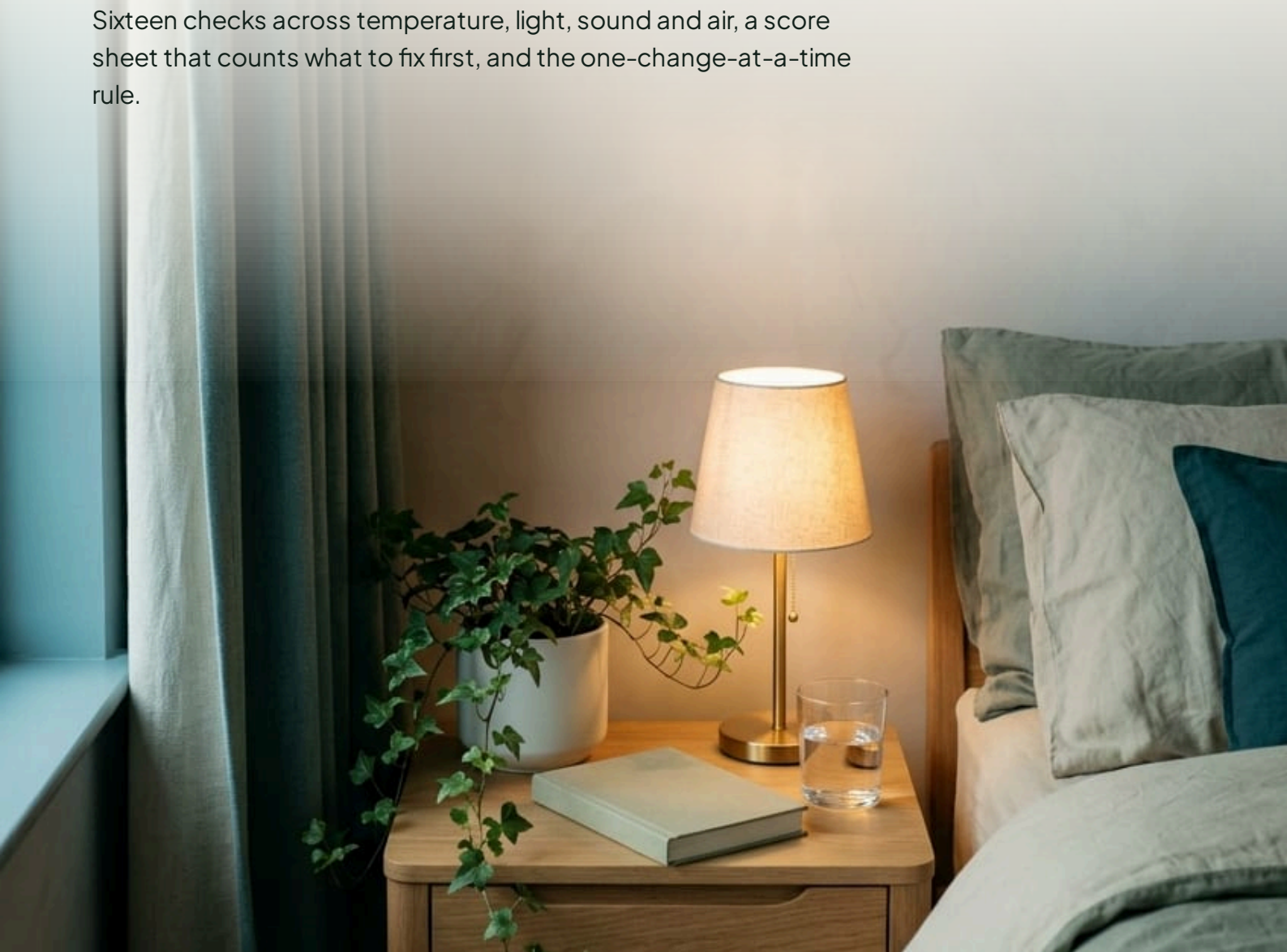
— FREE QUICK-START • SLEEP

The Bedroom

Sleep Audit

Checklist

Sixteen checks across temperature, light, sound and air, a score sheet that counts what to fix first, and the one-change-at-a-time rule.



16

CHECKS

4

PILLARS

60–67

°F ROOM

1

CHANGE AT A TIME

SLEEP • FREE CHECKLIST

The Bedroom Sleep Audit

A four-pillar bedroom audit (temperature, light, sound and air) with target ranges, a score sheet that ranks what to fix first, and a one-change-at-a-time rule, because sleep advice only works when it is measured.

60–67 °F TEMPERATURE cool room, warm bed	Dark LIGHT dim evening, dark night	Quiet SOUND or steadily masked	40–60% HUMIDITY and fresh air
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How to use this checklist

15 MINUTES TONIGHT

STEP 1 Score all four pillars tonight Walk the checklist with the lights and window as they are at night. Tick each item that needs fixing.	STEP 2 Rank the fixes The pillar with the most ticks goes first; the score sheet counts them for you.	STEP 3 Change one thing for 14 nights One change only. Rate each morning 1 to 5 for a week before and a week after, and compare the averages.	STEP 4 Then change the next thing Stack only proven fixes. A bedroom you have tested beats a bedroom you have decorated.
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A GOOD BEDROOM DOES NOT FIX A SLEEP DISORDER

Loud snoring with gasping or pauses, legs that kick or creep at night, insomnia that persists in a good room, or daytime sleepiness with mornings that never feel restored are clinical questions: possible sleep apnea, restless legs or chronic insomnia. A good bedroom is the starting point, not the answer. Bring these to a clinician or sleep specialist.

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Natural Remedies for Insomnia: Sleep Better Tonight

Discover evidence-based natural remedies for insomnia including valerian root, magnesium...

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Melatonin Guide: How to Use It Correctly for Better Sleep

Learn the correct melatonin dosage (less is more), timing, and forms.

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MENTAL WELLNESS

Best Sleep Supplements 2026: Complete Guide and Reviews

Expert guide to the 10 best sleep supplements including melatonin, magnesium...

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The Bedroom Is an Instrument

3 SOURCES

Sleep is the most environment-sensitive thing you do every day. Core temperature must fall to initiate sleep, light gates melatonin, noise causes arousals you never remember, and stale, dry or humid air fragments the night.

The bedroom is an instrument, not a room. Each pillar has a measurable target: a cool room around 60–67 °F (16–19 °C), darkness through the night, noise low or masked, and fresh air at 40–60% humidity. The audit scores each against its target.

Change one variable at a time. If you fix temperature, blackout and noise in the same week, you will not know which one worked. The single-variable rule (one change, a week before and a week after, compare the two) is what turns a checklist into a result.

Habits ride on the environment. Caffeine and screen timing are part of the audit because they interact with the room: a cool dark room cannot rescue a 4 p.m. espresso or a midnight feed of blue light.

THE EVIDENCE BEHIND IT

OKAMOTO-MIZUNO & MIZUNO, J PHYSIOL ANTHROPOL 2012
Heat exposure increased wakefulness and cut deep and REM sleep; humidity made it worse.

WHO 2009; STRØM-TEJSEN ET AL., INDOOR AIR 2016
Indoor noise peaks above about 42 dB are linked to awakenings; a ventilated bedroom (about 650 versus 2,600 ppm CO2) gave better sleep and next-day test scores.

CHANG ET AL., PNAS 2015; BROWN ET AL., PLOS BIOL 2022
A light-emitting e-reader before bed delayed melatonin by about 90 minutes; experts set evening light at 10 lux or less and 1 lux or less while asleep.

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Sixteen Checks, Four Pillars

COUNTS ITSELF

Tick every item your bedroom does **not** meet yet. The pillar with the most ticks is where to start.

TEMPERATURE • 60-67 °F (16-19 °C)

☐ Room sits in the cool window at bedtime, measured not guessed

☐ Bedding lets heat escape: breathable layers, not one heavy comforter

☐ Hands and feet warm enough to dump heat (socks work for cold sleepers)

☐ No heavy meal or hard exercise in the last hour (a warm shower 1 to 2 hours before bed helps)

TO FIX

LIGHT • DARK NIGHT, DIM EVENING

☐ Blackout or near-blackout at the window; no streetlight gaps

☐ No status LEDs or screens glowing after lights-out (tape them)

☐ Evening lights dimmed and warm for the last hour before bed

☐ Morning: bright light at wake to anchor the rhythm

TO FIX

SOUND • QUIET OR FULLY MASKED

☐ Sudden noises (traffic, doors, pets) removed or sealed out

☐ Residual noise masked with steady white or pink noise

☐ Phone on silent and face-down outside reach

☐ Partner snoring addressed: it is a clinical question (see the box on the first page)

TO FIX

AIR • FRESH, 40-60% HUMIDITY

☐ Room ventilated daily; CO2 not building overnight (door or window gap)

☐ Humidity in the 40-60% band (hygrometer, not intuition)

☐ Dust and allergens low: bedding hot-washed every week or two

☐ No strong fragrance, smoke or cleaning-vapour load at night

TO FIX

SCORE SHEET

ITEMS TO FIX, ALL PILLARS

BEDROOM AT BEDTIME (°F)

HUMIDITY (%)

I WILL CHANGE FIRST

HealthSecrets THE BEDROOM SLEEP AUDIT CHECKLIST

healthsecrets.com • PAGE 4 / 6

From a Checklist to a Tested Bedroom

This checklist tells you where to start. **The Better Sleep Environment Workbook** measures each pillar, gives fixes at three price points, and runs two 14-day experiments that show whether a change worked for you.

The 4-pillar bedroom audit
thermal, photobiology, acoustic and air, each with the full target range and how to measure it.

Two 14-day experiment logs
a week before and a week after one change, with averages that show whether it worked.

The evening transition protocol
the two-hour runway that lets core temperature and melatonin do their job.

Fixes at three price points
for each pillar, with shopping specs and the common mistakes.

THIS FREE CHECKLIST

- ✓ The four-pillar audit with target ranges
- ✓ A fix-first scoring sheet
- ✓ The single-variable experiment rule

THE WORKBOOK ADDS

- ✓ Measurement methods for every pillar, with cheap instruments
- ✓ Two 14-day experiment logs that add themselves up
- ✓ Fixes at three price points for each pillar
- ✓ The evening transition protocol in full

FILLABLE PDF E-BOOK
Print it or fill it on screen; the calculators work in Acrobat and most browsers, plus a free online edition.

EVIDENCE-LED
Targets from temperature, light, noise and air research, with sources. No gadget upsell.

ONE-TIME PAYMENT
One payment, no subscription, instant download after checkout.

SEE THE SLEEP WORKBOOK →

SOURCES • FACT-CHECKED BY THE HEALTH SECRETS EDITORIAL TEAM

Okamoto-Mizuno K. & Mizuno K., J Physiol Anthropol 2012	Heat, humidity and sleep stages.
Chang A.-M. et al., PNAS 2015; Brown T.M. et al., PLoS Biology 2022	Evening light and melatonin; light targets.
WHO Night Noise Guidelines for Europe, 2009; Strøm-Tejsen P. et al., Indoor Air 2016	Noise peaks; bedroom ventilation and CO2.

HealthSecrets THE BEDROOM SLEEP AUDIT CHECKLIST

healthsecrets.com • PAGE 5 / 6

THIS WEEK

One pillar first. *Then measure it.*

01 • AUDIT

Tick what your bedroom does not meet yet.

02 • ONE CHANGE

The cheapest fix on the pillar with the most ticks.

03 • GO FURTHER

The Sleep Workbook measures it over 14 nights.

Keep reading on healthsecrets.com

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Sleep Optimization: Complete Guide to Better Sleep

Master sleep optimization with evidence-based strategies. Circadian rhythm alignment, sleep hygiene, supplements...
healthsecrets.com/mental-wellness/sleep-optimization-guide →

FREE QUIZ

Sleep Science: Master Your Rest

Discover the science of sleep, circadian rhythms, and evidence-based strategies for better rest.
healthsecrets.com/quizzes/sleep-science-quiz →

HABITS

Sleep Hygiene: 15 Evidence-Based Rules for Better Sleep

Learn 15 evidence-based sleep hygiene rules to fall asleep faster, stay asleep longer, and wake refreshed — with produc...
healthsecrets.com/mental-wellness/sleep-hygiene-rules →

FREE TOOL

Sleep Cycle Calculator

Sleep is not a uniform state — it cycles through distinct stages roughly every 90 minutes. Each cycle progresses from light...
healthsecrets.com/tools/sleep-calculator →

BODY CLOCK

Circadian Rhythm: How to Reset Your Body Clock Naturally

Learn how to reset your circadian rhythm with morning light exposure, evening darkness, consistent schedules, and meal...
healthsecrets.com/mental-wellness/circadian-rhythm-reset →

FREE TOOL

Caffeine Calculator

Caffeine is the world's most widely consumed psychoactive substance, used by approximately 80% of adults daily. It...
healthsecrets.com/tools/caffeine-calculator →

MAGNESIUM

Magnesium for Sleep: Complete Guide to Forms, Dosing &

Discover how magnesium improves sleep quality with our evidence-based guide.
healthsecrets.com/mental-wellness/magnesium-sleep-guide →

FREE QUIZ

Caffeine & Energy: The World's Favorite Drug

90% of adults consume caffeine daily. But how well do you understand what it actually does?
healthsecrets.com/quizzes/caffeine-energy-science-quiz →

Health Secrets publishes food-first, fact-checked guides and practical planners. Every guide above is free to read at healthsecrets.com.



[See the Better Sleep Environment Workbook →](#)

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[Recommended sleep gear and instruments →](#)

Educational and organizational tool only, not medical advice. It is not intended to diagnose, treat, cure or prevent any disease. Talk to your doctor before starting a sleep supplement, especially if you have a sleep disorder, take sleep or sedating medicines, or are pregnant.