

## Well-being: Lighting and the Impact on Sleep



For most of us our lives feature hectic schedules filled with deadlines, appointments and long commutes. So when it comes time to decompress and recharge for a restful night's sleep the last thing we need are disruptions.

One of the main culprits preventing us from a deep recovering slumber is unwanted light. Darkness is critical to sleep. The absence of light sends a signal to the body that it's time to rest. Light exposure at the wrong times alters the body's internal biological "sleep clock" that regulates sleep-wake cycles and interferes with both the quantity and quality of sleep.

### **Lack of sleep damaging to health**

It's simple. When it's light your brain wakes up. For people who suffer from insomnia, light control can make all the difference. Lack of sleep is frustrating as well as damaging to health. Knowing the source of your trouble and how to mitigate problems can help you stay healthy and productive.

Some people find sleep very difficult because the light in their environment (even at night) disrupts their sleep cycle. In urban settings where night is as bright as day, people who suffer from insomnia may find sleeping very difficult.

Street lights, parking lot lights, motion activated lights and security lights can impact the ability to sleep. Depending on where your home is, and what is going on around your home, finding quality sleep at night could be very difficult.

## How to create a restful sleep environment

People who have trouble sleeping often get better results when they create the perfect restful environment. Cutting out all light helps create conditions more like the natural darkness that one experiences in the wilderness. Our bodies still instinctively respond to these conditions as darkness is a natural signal to the brain that it's time to go to sleep.

The latest innovations in window blinds can help create ideal conditions required for optimal sleep. Hunter Douglas, for example, offers the [Duette® LightLock™ system](#) with motorized functionality designed to block light so completely that it can't be perceived. The [Hunter Douglas PowerView® Motorization system](#) can be programmed to open and close according to a schedule. When the sun goes down, the honeycomb shades close to encourage darkness indoors. When it's time to wake up, the blinds open to reveal daylight once again.

The secret to room darkening lies within the patent-pending side channel design—which features rows of specially shaped micro-ridges, optimized to absorb or deflect nearly all incoming light while preventing the light from seeping into the room.

If you suffer from insomnia or are seeking a more restful sleep, it's important to find the right window treatments. The latest quality window covering options can create the perfect sleep sanctuary while also adding to the beauty of your bedroom. More tips on the latest light control options in window treatments can be found at [hunterdouglas.ca](http://hunterdouglas.ca).