

Your guide to sleep etiquette

It's time to unwind

Sleep – that precious time we get to switch off and rest easy. But, when we asked couples in the UK about their sleep habits, we found **lots aren't getting the sleep they need.**

Sometimes, bedtime bugbears get in the way of quality sleep – whether that's battling over the duvet, or just feeling a bit restless.

Sleep affects everything we do, physically, mentally, and emotionally. At Premier Inn, we know a thing or two about getting a great night's sleep, and we've worked with the experts to give you and your partner some tips for a top-tier bedtime routine.





“We’ve created this sleep etiquette guide to help people make little tweaks to their routines that can bring great reward – and great rest.

Simple things such as agreeing times to put phones down, hit the lights or even allowing others to get to sleep first can make all the difference.”

– Hannah Shore, Sleep expert



So, what can we do to sleep better?

- First things first: a **good wind-down routine** is key to switching off from the day and calm your mind and your body. It could be meditation, stretching or watching your favourite TV show. Low-level lighting at night will help you feel sleepy, and bright light in the morning will help you wake up.
- **Routine** is also key. Keep your sleep and wake-up time the same every day and it'll become easier to fall asleep and to get up.
- **Be respectful of each other.** Keep the bedroom quiet and dark whilst your partner is sleeping – no switching on big lights in the room or banging around the house. Get your things ready for the morning and move them out of the room the night before if you are getting up before your partner.



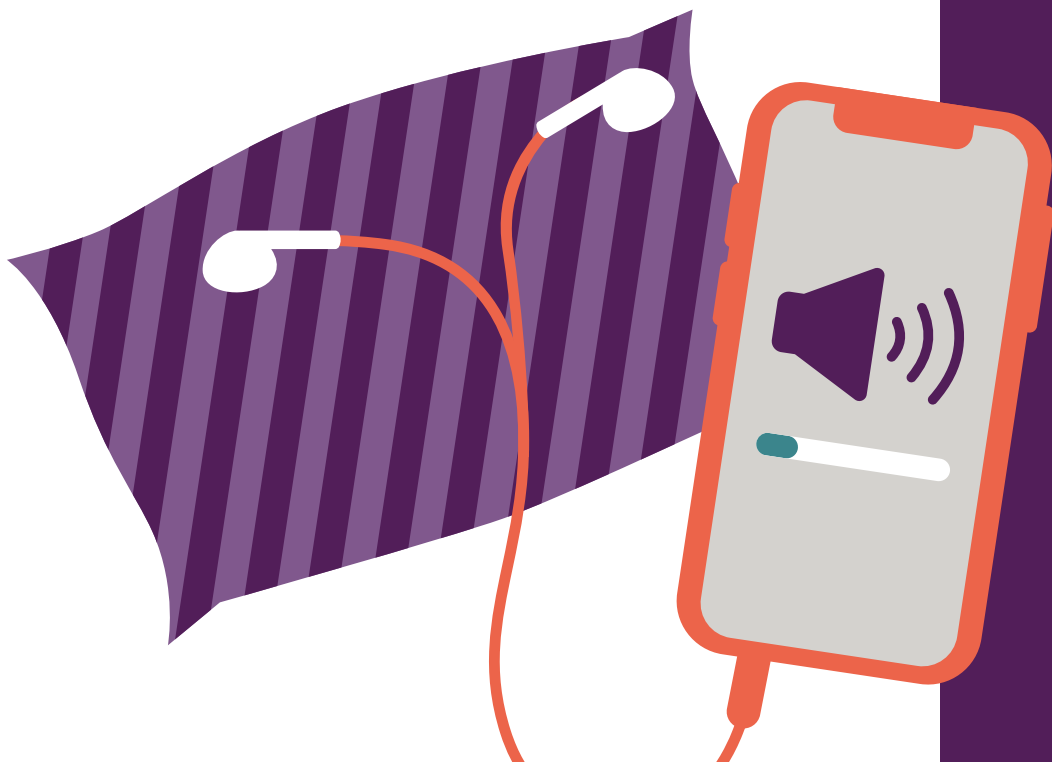
Can listening to something before bed help us get to sleep?

- **Listening to a podcast** before bed can help your brain switch off from everything else. It gives you something else to focus on, which can help you relax and then fall asleep.
- **But, hang on a minute. Isn't it bad to use tech before bed, even listening to a podcast?**

It's all about how you use it. Too much bright light can prompt the body to stay awake. So, turn the **brightness down** on your phone and use **eye-comfort mode**, which switches out the harsh blue tones for subtle yellow ones (this can help throughout the evening).

What should we listen to?

- **Content is important.** You don't want anything that is going to keep you awake because it is too exciting or jumpy with big volume changes.
- If you need some inspiration, **head over to our Rest Easy Stories page** and nod off with the help of our narrator, Sir Lenny Henry.



And how do I listen in bed without disturbing my partner?

- **Low-level volume** is best. Everyone hears things slightly differently, so make sure it's low level for you.
- **Start the podcast in bed** when you are trying to get to sleep, as you will then associate that with bedtime. Make sure it **switches off automatically** after around 30 minutes, as playing it the whole way through during the night can negatively affect your sleep.
- Everyone is different when it comes to falling asleep. If you both like podcasts then that's great, if not, then don't worry. If your podcast is stopping your partner from going to sleep, then **try using headphones**.

And, relax.

- Make time to wind down – and wake up in the morning
- Be respectful of your partner's needs and bedtime routine – everyone is different
- If you watch or listen to something before bed, keep it calm and soothing
- Use headphones for any bedtime listening or watching
- Make sure your podcast or programme is switched off after 30 minutes

We know it isn't always easy to switch off, especially when you're sharing a bed. But, with some simple changes, you can both rest easy.

