

Build Your Own NATROL® Habitat

Turn Your Bedroom into a Sleep Sanctuary to Make Your Next Day Your Best Day



Natrol, America's #1 drug-free sleep aid brand[^] tapped celebrity interior designer Jenny Marrs to share her top tips for crafting the ideal sleep space.



Here's Jenny's advice for creating your ideal sleep environment to help you achieve a relaxed body, calm mind, and good night's sleep...

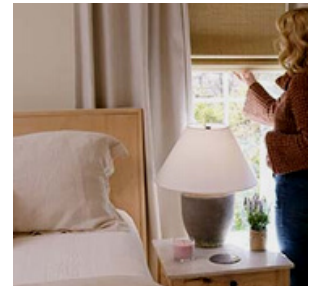
1 Symmetry & Harmony

Your bedroom should be a peaceful space. Make the bed the central focal point and then design the space around it. Keep the layout and design elements symmetrical – think two nightstands, lamps, etc. Also, having storage accessories like baskets, bins and other clever resources to store knickknacks, small electronics or hide a litter of laundry on the ground will help keep the room as harmonious and aesthetically pleasing as possible.



2 Light in Layers

Use a mixture of overhead light and lamps on nightstands. Dimmers are a great option for bedrooms to help cut down on unwanted bedroom light at nighttime. If you have large windows install different layers of window treatments to block out brightness in the evening but allow the light to shine in during the day. Finally, don't forget to limit your blue light exposure when you're winding down as it can impact your natural melatonin production and keep you up at night.



3 Cozy Bedding

I think it's really important to have layers on your bed – think quilts, duvets, throw blankets – that support your individual sleep style and make you feel cozy through the night. For example, if you tend to wake up in a full sweat, try cooling or light cotton sheets and a light quilt. For those who wake up freezing, give flannel sheets a go! It's worth investing in quality pillows and covers that make going to sleep feel like an indulgence.



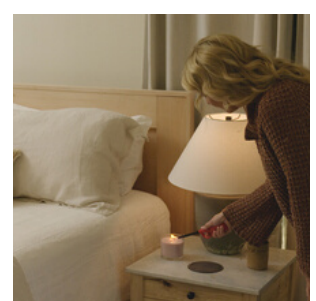
4 Keep Sleep Tools Nearby

Bedside tables are a great place to tuck away your nighttime tools, whether it be a journal and pen to help calm your mind, or earplugs and a sleep mask handy to help make your space quiet and dark. I like to keep my favorite Natrol melatonin gummies at my bedside, so they are nearby when I know I need extra support to get a good night's sleep.



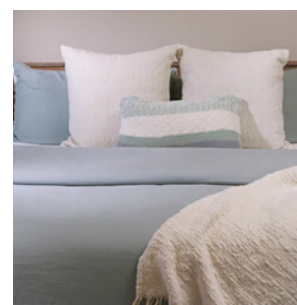
5 Calming Scents

Look for tranquil scents to bring into the bedroom for their calming properties. Whether a candle, diffuser, or essential oil, find your favorite tools using lavender, chamomile or ylang ylang to set the sleepy mood. My personal wind down favorite to turn any room into a sanctuary are our Dave & Jenny Marrs Better Homes & Gardens hyacinth-scented candles!



6 Serene & Soothing Colors

While bright colors and bold patterns are fun and tempting, leave those for rooms you use in the daytime. From the walls, to bedding, furniture and décor, you want a bedroom color palette that features serene and soothing colors to help promote ultimate relaxation.



America's #1 drug-free sleep aid brand[^] helps users fall asleep faster, stay asleep longer and wake up revitalized with a clearer, calmer mind.



All Natrol products are made with clean ingredients and use no artificial flavors, sweeteners, or preservatives.

NATROL®

[^]Nielsen, xAOC, 52 weeks ending 09/10/22