

THE DOMINO GUIDE TO

Your Best Sleep Ever

PHOTOGRAPHY BY MEGHAN MCNEER TEXT BY KRISTIN LIMOGES

Here at *Domino*, we believe that A WELL-DESIGNED LIFE is about much more than just having the right furniture and the prettiest wallpaper. For us, home is a place for FOSTERING HEALTH AND HAPPINESS, which means everything from caring for your skin and eating nourishing food to setting aside time to focus on your goals and intentions. To help you CARVE OUT SPACE for that sort of self-care, we're introducing Domino Wellness, both on these pages and at domino.com. And we're starting with a primer on what your doctor, your meditation coach—and even your mother!—will tell you is essential for optimum health: GREAT SLEEP. Read on for our insomnia-busting, REM-inducing, refreshingly specific game plan for TAKING CHARGE OF YOUR BED TIME.

Bedside Beauties

Whether you're a fan of everything sleek and chic or all about more is more, have these essentials in reach to snooze in style.

THE MINIMALIST



01 The Rose Oil \$26 tenoverten.com 02 Facial Massager \$189 joannaczech.com 03 Deep Cleansing Masque by Grown Alchemist \$39 davidpirrotta.com
04 Five More Minutes Eye Mask \$20 ettitude.com 05 The O'Clocks \$68 capbeauty.com 06 Dreamomile Toothpaste \$7 wildist.com 07 Arne S Domus Pendant Lamp santacole.com 08 Curva Shelf by AYTM comingsoonnewyork.com 09 *What If This Were Enough?* by Heather Havrilesky amazon.com

THE COLOR LOVER



01 Blue Sodalite Facial Roller by Skin Gym \$32 nordstrom.com 02 ZZZ Vaporizer Pen \$72 medmen.com 03 Pure Nilotica Hand & Body Melt \$28 lxmi.com 04 Orchard Alchemy Antioxidant Face Oil by ODE Natural Beauty \$65 mcevoyranch.com 05 Jia Eye Mask \$185 oliviavonhalle.com 06 Earth Tones Mask \$30 asarai.com
07 Componibili Storage Module by La DoubleJ and Kartell kartell.com 08 *Good and Mad* by Rebecca Traister amazon.com 09 Be Colour Lamp foscarini.com

ANATOMY OF A SLEEP OASIS

Ready to turn your bedroom into the ultimate zen den this winter? Here's your road map.



AN ANALOG ALARM CLOCK

You've probably already realized the downsides of leaving your phone on your bedside table—middle-of-the-night Insta-scrolling, for one—but a digital clock can also be problematic. "Its light disrupts circadian rhythms," says Jan Stritzke, deputy medical director of Germany's Lanserhof Tegernsee health spa. Leave the phone in the kitchen and invest in an old-fashioned big-hand, little-hand clock. Bonus if there's no snooze button.



DIMMER SWITCHES

Low light signals the body that it's time to power down, and nothing delivers a warm, moody glow better than a dimmer switch. Gale Singer, president and founder of Circa Lighting, recommends a dimmable overhead light if possible—to keep the bedside table serenely clutter-free—but dimmable table lamps do the job on a budget.



COZY BEDDING

According to most experts, a room temperature of between 60 and 67 degrees—on the cool side—is most conducive to nodding off. For optimum comfort, especially during the colder months, Kirsty Williams, chief creative officer at Serena & Lily, suggests layering your bedding. Her winter must-have: flannel sheets, which feel warm from the moment you slide under the covers.



THE RIGHT MATTRESS

Pillow top? Memory foam? Your sleep position may determine the answer. To keep the spine aligned, side sleepers need a mattress with enough give to allow hips and shoulders to sink in. "You want to make sure that you are sleeping 'in' the bed not 'on' the bed," says Neil Stanley, a sleep science researcher and ambassador for Aromatherapy Associates. Back sleepers may do best with firmer models that offer even, consistent support.



A PEACEFUL PALETTE

"Greens, blues, and lavender are generally considered calming," says Benjamin Moore color and design expert Andrea Magno, "but color is subjective, so an energetic hue for one person may be tranquil for another." Whatever your paint pick, avoid a high-contrast look (think: dark walls and white furniture), which forces the eye to work harder, revving you up rather than winding you down. For supreme serenity, go for tone-on-tone.

THE NATURALIST



01 The Beautiful Oil by Kjaer Weis \$225 barneys.com 02 Deep Sleep Tincture \$22 fieldapothecary.com 03 Lift + Sculpt Butterfly Stone by Georgia Louise \$75 revolve.com 04 G.Nite Bath Soak \$35 goop.com 05 Indigo Cloud Sleep Mask \$60 earthenwarrior.com 06 Sleep Drops \$40 thenueco.com
07 Cestita Lamp santacole.com 08 *A Spark of Light* by Jodi Picoult amazon.com 09 Insert Side Table fermliving.com

Our Sleep Gurus

Between frequent travel, work stress, and endless to-do lists, it can seem like the universe is conspiring against us in our quest for decent shut-eye. Here, four women who have battled sleep demons—and won!—share their strategies.

Yolanda Edwards

**CREATIVE DIRECTOR
AND CONSTANT TRAVELER**

“I never nap when I travel—I end up with jet lag. Instead, when heading to Europe, I try to take a late flight so I’m ready to sleep, and I make a no-movie rule on board. (A little whiskey helps me relax.) Once I’ve arrived, I schedule meetings for breakfast, lunch, or drinks and have an early dinner—with no after-dinner shenanigans!”

Daphne Javitch

**HOLISTIC NUTRITIONIST,
LIFE COACH, AND NEW MOM**

“Becoming a mother has made me value sleep more than ever. And not just mine; I’m very into sleep nutrition for my son. Good sleep has noticeable, positive effects on his development and personality. Dark, cold, and quiet are optimal sleep conditions, so I wear an eye mask and earplugs. A hot bath (Epsom salts optional) and sex both help, too.”

Cyndi Ramirez-Fulton

**FOUNDER OF CHILLHOUSE SPA-CAFÉ
AND THE GARRET BARS**

“I like the air conditioner on. If I feel even mildly hot, I have a hard time passing out. I also believe that sleeping naked is the way to go—the less I have on, the less bothered I am. Great bedding is another key. We invested in Parachute sateen sheets a few months ago and we’ve never slept better.”

Jules Miller

FOUNDER OF THE NUE CO.

“I use our Sleep Drops to help with both falling asleep and staying asleep. I then spray Magnesium Ease on my joints and stomach. It’s a mixture of lavender oil, arnica oil, and magnesium chloride that helps reduce muscle tension and aids relaxation. And I make sure to turn off my phone and my laptop at least an hour before bed.”

OUTSMART INSOMNIA

Our battle plan for vanquishing the dreaded 3 a.m. toss-and-turn? Attack insomnia on all fronts.

SMELL

Try dabbing some essential oil on pressure points before turning in or using an oil diffuser near your bed to encourage restful sleep. Lavender is the most widely known calming scent, but Stanley says orange blossom, vetiver, chamomile, and sandalwood “are also beneficial to aiding good, relaxing sleep.”

TASTE

CBD, the nonpsychoactive ingredient in marijuana, is well known for its ability to chill us out—which makes CBD chocolate the perfect midnight snack. Tomer Grassiany, founder of To Whom It May, a line of CBD-infused treats, advises that beginners start with one of his 10-milligram CBD bonbons for “a more peaceful night’s sleep, with less stigma than cannabis.”

TOUCH

“Self-massage can soothe nerves and elevate mood,” says Jenefer Palmer, founder of OSEA Malibu. Before turning in, Palmer recommends giving a little love to your vagus nerve, which calms the parasympathetic nervous system. Simply warm up some oil with your fingertips and gently massage the outer edges of the front of your neck, using slow, upward strokes.

SOUND

Bedtime stories aren’t just for kids, they’re a powerful tool for anyone struggling with a racing mind. The meditation app Calm offers a wide variety of grown-up options, which not only supplant the stressful thoughts that keep us awake—according to Michael Acton Smith, co-CEO of Calm—but also promote a feeling of safety by reminding us of cozy childhood tuck-ins.

SIGHT

Light is the enemy of sleep, according to Stritzke. Blackout curtains and eye masks are good solutions for blocking out street lamps and other external sources of illumination, but he also recommends keeping glow-emitting electronics out of the bedroom. If all else fails, start saving up your euros for a stay at Lanserhof Tegernsee, which offers blue-light-filtering glasses and specially darkened rooms.