

# Sound Sleep



## Sleep Solutions for Sharing a Bed

While sleeping together is a common practice and important way for couples to feel more connected, sharing a bed with someone may occasionally (or regularly) prevent you from getting a good night's rest. In fact, the Better Sleep Council found around one in three Americans say their partner's sleep problems/style negatively impact their own quality of sleep. Rather than retreating to the couch after struggling with your partner's fidgeting, kicking, snoring, etc. for half the night, try out the below solutions for sharing a bed without compromising sleep quality.

**Problem:** Your partner kicks in his/her sleep.

**Solution:** Invest in a quality mattress that gives each person adequate room to sleep. The Better Sleep Council recommends couples share a mattress no smaller than queen-size. If your partner is still flailing into your sleep space, even with a larger mattress, try building a pillow barrier to block thrashing limbs.

**Problem:** Your partner snores.

**Solution:** Snoring can be a sign of serious health issue, so consult your physician first to rule out sleep apnea or another condition. If your partner's snoring is just an unfortunate, harmless habit, consider purchasing an anti-snore pillow, spray, and/or nasal strips to aid him/her in breathing more easily at night. If your partner's snoring persists, try out some foam earplugs before trying a different room.

**Problem:** Your partner tosses and turns.

**Solution:** An uncomfortable mattress can lead to restless sleep, so investing in a new one may help. (Even the highest quality mattresses have a lifespan of 7-10 years, and inferior products last even less time.) A wall of pillows between you may also dampen sound and movement from your partner's fidgeting.

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**Problem:** Your partner loves to cuddle, but you like personal space while you sleep.

**Solution:** Compromise. While you don't want your partner to feel rejected or that you're being distant, trying to fall asleep in each other's arms can feel crowded and anything but relaxing if that's not your personal sleep style. Allocate some time to snuggle together before falling asleep so your partner gets the pre-sleep intimacy he/she craves but agree to each move to your own side of the bed to catch some quality shut-eye.

**Problem:** Your sleep schedules don't match.

**Solution:** Compromise and be considerate of each other's personal sleep patterns. Try finding a bedtime that works for both of you. If you're more of a night owl than your partner, try reading with a personal book lamp or use headphones to listen to music until you're ready to nod off. If you're more of an early riser compared to your partner, be mindful of your volume as you move about the bedroom and around your home, and keep lights turned off or dimmed low until your partner wakes.

**Problem:** You can't agree on bedroom temperature.

**Solution:** Ideally, your bedroom temperature should be between 60 and 67 degrees Fahrenheit when it's time to turn in for the night. (A cool, cave-like environment is best to help initiate sleep.) However, if the chill is keeping one of you up at night, try making some simple adjustments before touching the thermostat. Try double-folding the blankets so one side of the bed has more coverage or consider investing in a dual-control electric blanket. If you're still waking up shivering, try sleeping in thicker pajamas, wearing socks to bed, or placing a hot water bottle at your feet before dozing off.

**Problem:** Your bedroom feels more like an office than a place to sleep.

**Solution:** Your bedroom should only be used for sleeping and intimacy. Create a more relaxing and sleep-friendly environment by banning work, laptops, phones, television, and other electronics and distractions from the bedroom.

Sources: The Better Sleep Council ([bettersleep.org](http://bettersleep.org)), WebMD ([webmd.com](http://webmd.com)), National Sleep Foundation ([sleep.org](http://sleep.org)), Health ([health.com](http://health.com))