

Cultural Daily

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How the colours featured in your bedroom can improve your sleep

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As we spend more and more of our time indoors, it's hard to maintain a level of calmness and tranquillity whilst trying to juggle your work and home life all under one roof. But you'll be pleased to know that injecting certain colours into your home is a great way to promote relaxation – especially in the bedroom.

So, if you're struggling to get a good night's sleep in your bedroom-turned-home office, read on as we give you our top colour-centric tips for transforming your space.

White

Perhaps the most minimalistic colour of all, filling your bedroom with all things white and neutral is a great way to brighten up any room. Not only will your space seem brighter, giving you a clearer outlook from day to night, but it also curates a further sense of cleanliness. A bright, clean bedroom is a great way to create a fresh environment and therefore, more comfort.

What's more, regulated light exposure will help to prepare you for a good night's sleep during the day. Keep your curtains open to let more light in, whilst bright white walls and bedding will also reflect this light, amplifying its effects.

Blue

Blue is widely considered to be the best colour to inject into your bedroom, with a [2018 study revealing that](#) blue tones tend to have more calming effects on the brain than any other colour. Having that soothing effect circulating around your room is the perfect way to promote a better sleeping environment. Whether you opt for muted shades or a bright sky blue, you should [invest in luxurious bedlinen](#) or an equalling as exquisite wallpaper that features this colour in some way, so that you have at least one accent of blue to curate your calm.

Speaking of surveys, hotel giants Travelodge also [conducted their own research](#) into the effect that different colours can have on their visitors' sleep. With this, they found that a blue room promoted a higher level of sensitivity whilst the average sleep time worked out at around 7 hours and 52 minutes. According to the NHS website, most adults need to get somewhere between 6 and 9 hours sleep every night in order to function at their very best the next day, so the colour blue really does get results!

Yellow

Whilst yellow isn't always synonymous with creating a sleep-inducing environment, it does carry strong connotations of happiness. And, if you feel happy in your bedroom then you are a lot more likely to be able to find comfort and drift off to sleep. So, why not try adding a yellow feature cushion to your bed, or perhaps selecting a light-yellow rug to step onto from your bed each morning?

Green

Going back to the Travelodge's ever-helpful survey, it was also found that having green featured in a bedroom gave sleepers a high tendency of waking up feeling upbeat and positive the next morning. Although getting to sleep is an important part of the process, waking up in an equally as tranquil environment can also make all of the difference. Green is also reminiscent of nature, promoting a sense of freedom and relaxation, that a lot of people find refreshing. Add a piece of green furniture to your room or incorporate an accent wall into your bedroom, placing either of these things somewhere that can be seen directly from your bed.

Orange

If a feeling of warmth is the key to your relaxation, placing some kind of orange furnishings or patterned bedding in your bedroom would be great place to start. Orange is also believed to aid your digestion – how, we're not quite sure, but we'll take it!

Orange bedlinen is a good option for those colder, dreary months where a little more life and colour are needed to motivate you in the mornings, whilst the aforementioned warmth can help you relax at night.

Photo by Rhema Kallianpur on Unsplash

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