



Wake up call! Expert reveals the common interior mistakes that are sacrificing a great night sleep

- 'Sleepmaxxing' is the viral trend taking TikTok by storm as millions of Brits try to 'hack' their sleep routines.
- Yet, many of us are making interior mistakes that could be sacrificing a good night's sleep, from clashing colour palettes to boring bedroom clutter.
- B&Q's Head of Decor, Gill Baker has revealed her tips and top product picks for a dreamy night's rest.
- All products are now available online at www.diy.com and in store.

March 2025: With World Sleep Day just around the corner, it's time to wake up to an often-overlooked culprit behind poor sleep: our interior choices. From clashing colour palettes to boring bedroom clutter, there are a number of ways that poor interior design can be impacting the quality of our sleep.

Yet, with viral trend "Sleepmaxxing" back in the spotlight, it's clear that Brits are on the hunt for solutions to their disrupted sleep. Amassing millions of posts on TikTok, the trend is all about leveling up your sleep game for ultimate snooze efficiency, from 'sleepy girl' mocktails, to mouth taping.

So, to help Brits on their way to a peaceful night's rest, **B&Q Head of Decor, Gill Baker** has shared the **common interior mistakes** that could be sacrificing sleep and recommendations for a dreamy night's rest.

Gill Says:

"With springtime daylight savings just around the corner, there's no better time to assess the impact of your bedroom interiors and create an ideal sleep environment. Many people overlook how decor choices like harsh lighting, overstimulating colours, or even a well-loved mattress can play havoc on not just your chances of getting to sleep but the quality you get too. Yet, sleep has such a huge impact on how we feel throughout the day as well as on our overall health and wellbeing. The good news is that it only takes a few small changes to make all the difference!"

- **Sleeping on the wrong mattress**
 - A bad mattress can cause back pain, restless nights, and discomfort. If your mattress is too firm, too soft, or simply too old, it might be time for an upgrade. On average you should change your mattress every 6-8 years*. If you're not ready to invest in a whole new mattress, give a mattress topper a try to increase comfort without breaking the bank.
- **Letting in too much light**
 - From streetlights to early sunrises, too much external light coming into your room can interfere with your sleep cycle. Try adding blackout curtain liners to the backs of



your existing curtains. This will add an additional opaque layer and stop outside light from giving you an unexpected wake up call!

- **Using an overstimulating colour palette**

- While bold, bright colors can look great in the home and are a great way of injecting personality into interiors, keep these hues to other areas of the house and maintain a calming sanctuary-like colour palette in the bedroom. In fact, studies show that colours like red can create a sense of alertness and keep your mind active** at a time when winding down should be the focus, Instead, why not try painting your bedroom with calming hues such as [Lick Blue 15 Matt Emulsion paint](#) or calming [Lick Green 02 Matt Emulsion paint](#). These colours are easy on the eyes and reflect nature, promoting relaxation and restful sleep.

- **Block out the noise**

- Noisy neighbours or bustling traffic can disrupt your peace late at night. Not many people know that adding soft furnishings like cushions, rugs, and thick curtains can help absorb sound and create a quiet sanctuary. Furnish your bedroom with cosy cushions and blankets to create a quiet, restful atmosphere that you'll look forward to retreating to at the end of the day

- **Nighttime non-negotiables**

- Whether it's a book, earplugs or water that aids you in drifting off to sleep each night, make sure your bedtime non-negotiables are stored close-by so frequent trips out of bed don't keep you from winding down. A well organised bedside table can store all of your essentials and make a stylish addition to your bedroom decor.

- **Bedtime clutter**

- A cluttered room leads to a cluttered mind. If your bedroom is filled with piles of clothes, scattered books, or random objects, it can make it harder to relax before bed. Invest in smart storage furniture such as a [storage ottoman](#) to keep everything neat and out of sight, so you can focus on unwinding.

- **Harsh lighting**

- Cool-toned or bright white bulbs can trick your brain into thinking it's daytime, making it harder to fall asleep. If your bedroom lighting isn't warm and dim, it could be ruining your sleep. For an easy fix, switch your lightbulbs in your room to [warm-toned bulbs](#) to create the optimal calming atmosphere.

- **Sleeptime scent**

- When it comes to creating the perfect sleeping environment, scent can play an important role. Try incorporating calming aromas like lavender, chamomile, or sandalwood into your bedtime routine. Lavender has been proven to enhance sleep quality and aid in stimulating a calm mood***. Whether it's a scented candle, or a

light room spray, these soothing smells can help you relax and be the start of a blissful sleep.

- **Cool and Collected**

- We all know the struggle of trying to get to sleep during the peak of summer, yet a room that's too cold can also cause havoc with our sleep hygiene too. For a comfortable night's rest, aim for a sleeping temperature between 16-20°C. Choose temperature-regulating duvets and add layers like weighted blankets for winter or opt for fans in summer to maintain that perfect sleeping climate.

All products are now available online at www.diy.com and in store.

Gill's Top Tips:

| Gill's picks: | | |
|---|---|--|
|  |  |  |
| furn. Eyelet Thermal Curtain liner - £24 | Lick Green 02 Matt Emulsion paint - £36 | Silentnight deep sleep 10cm mattress topper - £55 |
|  |  |  |
| Pondicherry Beige Loop chevron Woven & jacquard effect Indoor Cushion - £16 | Paris Matt white 2 Drawer Bedside table - £65 | Storage Rack 5 Tier Shelving Unit Vintage Storage Rack with |



| | | <u>Open Shelves Display Rack - £59</u> |
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|  |  |  |
| <u>Natural Soy Wax Lavender Scented Candle Jar Candle for Indoor Space - £10</u> | <u>TCP White Air circulator 4 in 1 Climate Control - £125</u> | <u>Brentfords Weighted Blanket Quilted, Silver Grey - £14.99</u> |

All items are available in-store at B&Q and online now. Next day click & collect delivery is available on many products for a convenient shopping experience and B&Q Club members enjoy rewards every time they shop - helping them to create a home they love. For more information visit: www.diy.com.

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*<https://www.sleepfoundation.org/mattress-information/when-should-you-replace-your-mattress>

** <https://pubmed.ncbi.nlm.nih.gov/37010831/>

***<https://pubmed.ncbi.nlm.nih.gov/23573142/>

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B&Q launched the UK's first home improvement marketplace in March 2022, adding additional choice for consumers. The marketplace offers a unique, integrated experience with in-store returns for many products and Click + Collect options being explored.



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