**Read to Sleep: How Reading Improves Your Sleep Quality**

**February 1, 2022**,  *Los Angeles at Beverly Hills, U.S.A.*

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What do you do before you turn out the lights and lay down on your pillow?

If you’re like most people, you watch TV or leave it on in the background as you drift away to dreamland. [Sleep.org reports](https://www.sleep.org/is-it-bad-to-watch-tv-right-before-bed) that 60 percent of American adults watch TV in the hour leading up to bedtime, and one-third of American adults use TV as a sleep aid.

While the noise of the television can help drown out the sound of your anxious thoughts running wild, it can also disrupt your sleep, causing you to feel less rested the next day. Even if you get the recommended 7 to 8 hours of sleep per night with the TV on, you’re likely going to be woken up when the volume changes on a commercial or when you hear a new show beginning.

A better alternative to watching TV or doom-scrolling on your phone is to read a book before you go to sleep. That’s the premise behind Penguin Books’ #readtosleep campaign.

How #readtosleep Works

The idea of read to sleep is simple. Find a good book, then read it before going to bed. Simple! It only takes [six minutes of reading](https://worldliteracyfoundation.org/reading-reduces-stress/) to lower your heart rate and reduce stress, so set aside at least that amount of time to relax your mind and body before you drift off.

Not sure where to start? [Penguin Books](https://www.penguinrandomhouse.com/shop/read-to-sleep) has you covered with a variety of options to pick from. Find a sci-fi book and escape to another world before you fall asleep, or select a short story collection if you cherish the feeling of accomplishment that comes from closing a book after you’ve finished a story. They have suggestions for mystery lovers, romantics, and fiction lovers. You can also find a great audiobook and drift off as a soothing voice tells you a bedtime story.

Other Ways to Get Better Sleep

As Alexis Peraino, MD, FACP and Leon Henderson-MacLennan, MD, FACP note, “Good quality sleep is essential and is just as important as the number of hours you sleep per night.” Staying in bed for eight hours is not beneficial if you are tossing and turning all night long. Reading before bed is an integral part of a sound sleep routine. It’s not the only way to ensure a good night’s sleep, though. Here are a few other things you can do to improve your sleep quality.

Be consistent - Keep the same sleep schedule on weekends as you have during the week. Staying up late and sleeping in on weekends can throw your whole schedule off and make Monday mornings unbearable.

Stay active - Exercising throughout the day will help you fall asleep faster and sleep longer at night. [Experts recommend](https://www.hopkinsmedicine.org/health/wellness-and-prevention/exercising-for-better-sleep) getting at least 30 minutes of exercise a day to notice an improvement in your sleep quality.

Get a better mattress - You can practice every healthy sleep habit all you want, but if your mattress is uncomfortable, you will never get a great night’s sleep. Invest in a high-quality mattress that will give your body the support and comfort it needs all night long. Check out the [Four Seasons mattress collection](https://shop.fourseasons.com/collections/mattress) if your bed needs an upgrade.

Make Sleep Part of Your Wellness Goals

Getting into a good sleep routine is just as important as eating nutritious foods and exercising regularly.

To discover programs and experiences aimed at helping guests achieve the best night’s sleep, visit [Four Seasons Hotel Westlake Village](http://www.fourseasons.com/westlakevillage) for more information.

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