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## Bedroom Makeover: Create a Sleep Sanctuary

The quality of your sleep depends so much on the quality of your sleep environment. Some people can find it tough to fall asleep in their bedroom.

Learn how sleep-friendly your bedroom is and whether it needs a bedtime makeover in the *Bedroom Makeover: Create a Sleep Sanctuary* article found in *Health Connected's Health Library*\*

Everyone deserves a good sleep.

\*Access the Health Connected site directly from your profile on the [My Canada Life at Work](#) site today.