

SLEEP

SLEEP WEEK 2024 IS HERE—HERE ARE WAYS TO IMPROVE YOUR SLEEP

Catch some more Zs for the occasion.



Written by [Kaleb A. Brown](#), News Staff Writer who ties events you care about to products you need.
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Get your **pajamas** and nightcaps ready because it's time to sleep. Sleep Awareness Week, better known as Sleep Week, is here and it's all about catching Zs. Started in 1998 by the National Sleep Foundation, Sleep Awareness Week aims to highlight the benefits of good sleep and help people to achieve it.

We're here to do our part for Sleep Week 2024 by highlighting the best sleeping products we've tested in our labs, including our favorite **mattress** and the best **pillows** for every sleeping position. With these, you'll be off to dreamland in no time whether you're lying on a twin or a California King bed.

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What is Sleep Week?

Sleep Week is officially known as **Sleep Awareness Week** and it was launched in 1998 by the National Sleep Foundation to highlight the benefits of healthy sleep, draw attention to the effects of poor sleep, and find ways to manage sleep disorders.

When is Sleep Week 2024?

Sleep Week is observed annually during the week of the second Sunday in March. This year, Sleep Week takes place from **Sunday, March 10 through Friday, March 16**. You may have noticed the first day of Sleep Week coincides with the beginning of Daylight Saving Time— this isn't a coincidence. It was chosen as the start of Sleep Week because it's associated with losing an hour of sleep, making improving your sleep patterns all the more important.

The best products to improve your sleep during Sleep Week 2024

A mattress

If you're looking to improve your sleep, the first place you'll want to look is your mattress. The **best mattress** you can buy is the Sapira Hybrid Mattress. It has the best motion isolation of all the mattresses we've tested. Plus, it keeps cool and is comfortable no matter your sleeping position.



Sapira Hybrid Mattress

The first step to better sleep is to make sure you have a quality mattress.

BUY NOW
at Leesa

A pillow

A less expensive way to improve your sleep is to upgrade your pillow. The **best pillow around** is Coop Home Goods' Original Pillow because you can adjust it to your desired fluff level. Plus, it's also machine-washable and affordable.



Coop Home Goods Original Adjustable Pillow

Rest your head on our favorite pillow.

BUY NOW
at Amazon

A weighted blanket

Another way to upgrade your sleep is by sleeping under a weighted blanket. In addition to being comfortable—sleeping under a weighted blanket is often likened to being snuggled—weighted blankets have been proven to promote more **restful sleep and reduce anxiety**. The **best weighted blanket we've tested** is the Gravity Blanket because it's long-lasting, easy to clean, and has even weight distribution throughout.



Blankets Weighted Blanket

Weighted blankets can improve sleep and reduce anxiety.

BUY NOW
at Amazon

A comforter

Want a bit of weight while you sleep, but don't want to commit to a weighted blanket? Take comfort in a **comforter such as the best we've tested**, the Linenspa All-Season Down Alternative Quilted Comforter. This comforter provides the perfect level of pressure, plus, it's soft, affordable, and stain-resistant.



LINENSPA White Down Alternative Comforter and Duvet Insert

Improve your sleep with our favorite comforter.

BUY NOW
at Amazon

Blackout curtains

If you've found sunlight is the culprit for poor sleep, then blackout curtains are exactly what you need, especially since, thanks to Daylight Saving Time, you'll have to deal with more light. One of the **best blackout curtains** we've tested comes from Amazon Basics Room Darkening Blackout Curtains with Grommets. These curtains are inexpensive and block out light well.



Amazon Basics Room Darkening Blackout Window Curtains

Block out the light with a blackout curtain.

BUY NOW
at Amazon

A sleep mask

Another way to get quality sleep no matter what time of day is by wearing a sleep mask. Not only are masks cheaper than curtains, but they're portable, meaning you can take a nap at home or on the go. The **best sleep mask** we've tested is the Mzoo Sleep Mask thanks to how comfortable it is and because of how effective it is at blocking light.



MZOO Sleep Eye Mask

Another way to block out light is by wearing a sleep mask.

BUY NOW
at Amazon

A sound machine

If you're the type of sleeper who needs white noise to go to sleep, or if you need to drown out undesirable sounds, we suggest trying out a **sound machine**. We love the Adaptive Sound + Sleep because it completely blocks out noise and can adjust its sound automatically.



Sound+Sleep High Fidelity Sleep Sound Machine

A sound machine can help you doze if

BUY NOW
at Amazon

Sheets

Sheets are the contact point between you and your bed, so comfortable sheets are essential for comfortable sleep. There are **several different types** of sheets to choose from. Percale sheets are known for being cool, so if you're looking to get the jump on your spring and summer bedding, we recommend you go for those. **The best percale sheet set** we've tested is from Saatva because of its soft, cool feel and its reinforced stitching.



Percale Sheet Set

Keep cool in the heat with percale sheets.

BUY NOW
at Saatva

A meditation app

You can get into a calm mindset before sleep by using **our favorite meditation app**—Headspace. Headspace is a beginner-friendly app that offers adjustable session lengths for its effective meditations.

Sign up for Headspace

A mattress topper

Looking to upgrade your bed without buying an entirely new mattress? We recommend a mattress pad such as **our favorite**, The Company Store Cool Zzz Mattress Pad. In addition to being comfortable, this pad keeps you cool through the night and is easy to wash.



Cool Zzz Mattress Pad

Add coolness to your mattress with this topper.

BUY NOW
at The Company Store

A sunrise alarm

You might not think of alarms as being a way to help you feel rested, but a sunrise alarm actually can lead to you feeling less groggy upon waking. This is because they're designed to emulate actual dawns—both in sound and light—to ease you into the morning instead of jolting you awake like a noisy alarm can. The **best we've tested** is Philips' SmartSleep Wake-Up Light, which features an intuitive interface, high-quality nature sounds, and realistic sunrises and sunsets.



Philips SmartSleep Wake-up Light

Wake up to the sunrise.

BUY NOW
at Amazon

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