



11 Green Steps to a Better Night's Sleep

Improve your zzz's with these easy earth-friendly tips

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Go light green

Be aware of the eco-friendly possibilities for your bedroom, but don't feel pressured to implement them all immediately. Michal Strahilevitz, a Golden Gate University professor who specializes in green behavior, says, "It's not all or nothing with going green." She compares adopting a green lifestyle to eating right or exercising: You don't have to do it perfectly for it to count. "There are shades of green, and people should make the eco-friendly choices that are right for them," she says. When creating a green bedroom, start small and work your way up the eco-ladder.

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