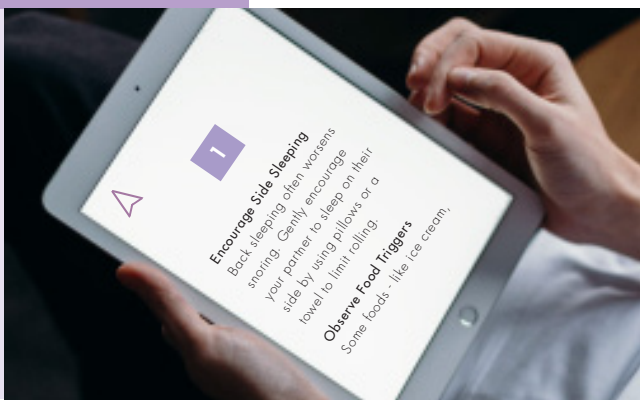
couples sleep project

Better Sleep for a Stronger Relationship



By Kirsty & Wayne, Co-Founders & Inventors of Sleeparate

Sleep is one of the most important factors in maintaining health, happiness, and a strong relationship. Yet, many couples struggle with sleep disturbances caused by snoring, different sleep schedules, or restless movement - leading to frustration, separate bedrooms, and even strain in their relationship.

The Couples Sleep Project is not just about fixing sleep problems; it's about working together to create a solution that strengthens your bond. Instead of a "band-aid fix," this approach helps couples build a sustainable, healthy sleep environment that works for both partners - so you can continue to sleep together and grow as a couple.

Let's turn better sleep into a shared journey for deeper connection, better rest, and a happier future.

The Couple's Sleep Challenge

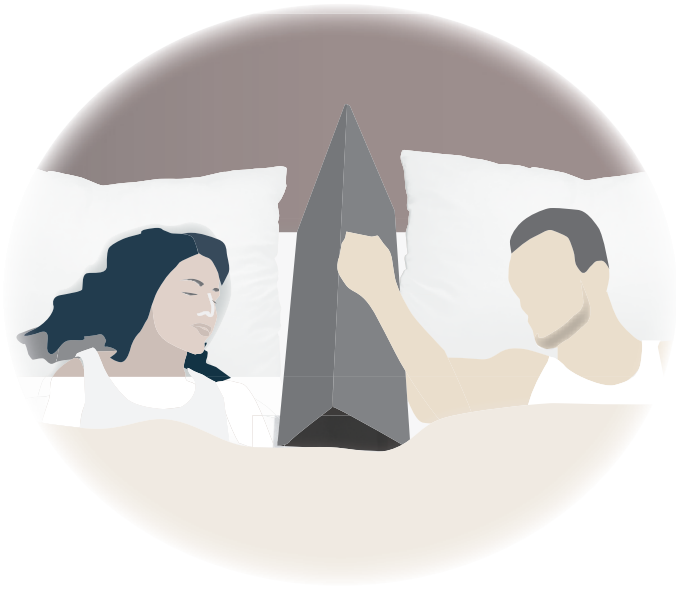
For generations, sleeping together has been considered a symbol of intimacy and connection. But science tells us that every person has unique sleep needs, and forcing a "one-size-fits-all" approach can lead to resentment, exhaustion, and long-term frustration.

Many couples struggle with:

- Snoring and breathing disruptions
- Different sleep schedules (early risers vs. night owls)
- Tossing, turning, or sleep movement disturbances
- Body temperature differences
- Light and noise sensitivity

Instead of sleeping apart, what if you and your partner could work together to create a sleep setup that meets both your needs?

That's what the Couples Sleep Project is all about - finding real, lasting solutions that allow you to sleep better together.



Understanding Your Partner's Sleep Needs

A key step in this project is communication. Many couples don't talk about their sleep struggles until they reach a breaking point. Instead of waiting until exhaustion sets in, set aside time to discuss these questions:

What are my biggest sleep struggles (e.g., waking up to noise, snoring, restlessness, light sensitivity)

What is one thing my partner does that disrupts my sleep? (e.g., moving a lot, snoring, getting up frequently)

What solutions have we tried before? Did they work?

How can we support each other in getting better sleep? (e.g., adjusting bedtime routines, using a sleep barrier, trying earplugs, creating a better bedroom environment)

Once you understand each other's needs, you can start making changes together instead of working against each other.

> How can we support each other in getting better sleep?

Sleep Hygiene for Couples – A Shared Routine

Good sleep habits aren't just about what you do - they should be something you and your partner work on together.

Here's how to create a shared nighttime routine for better sleep and stronger connection:

- **Establish a Consistent Bedtime** – Try to go to bed at the same time to sync your sleep patterns.
- **Reduce Blue Light Exposure** – Turn off screens at least 30 minutes before bed to allow your body to wind down naturally.
- **Create a Wind-Down Ritual** – Whether it's reading, light stretching, or listening to calming music, find an activity you both enjoy before bed.
- **Limit Heavy Meals & Caffeine** – Eating too late or having caffeine after 2 PM can make falling asleep harder.
- **Use a Bed Divider if Needed** – A sleep barrier like Sleeparate provides a gentle solution for reducing sleep disturbances without needing separate beds.



Snoring & Sleep Disturbances – Finding a Solution Together

Snoring is one of the biggest relationship sleep challenges. Instead of suffering in silence (or moving to another room), here are practical solutions you can try as a team:

1. **Encourage Side Sleeping**
   Back sleeping often worsens snoring. Gently encourage your partner to sleep on their side by using pillows or a towel to limit rolling.

2. **Observe Food & Alcohol Triggers**
   Some foods - like ice cream, cheese, or milk, alcohol, and heavy or spicy/cold treats or meals before bed - can worsen snoring. Keep a food diary for a week to see if certain foods make the snoring problem worse.

3. **Use a Sleep Barrier**
   A bed divider creates gentle separation while still allowing you to sleep together. It can help reduce sound, movement, and airflow disturbances.

4. **Try nasal or throat remedies** – Sometimes, snoring is caused by nasal congestion or throat relaxation. Using a saline spray, nasal strips, or even a humidifier in the bedroom can help open up the airways.

5. **Herbal Sleep Supplements**
   Consult a therapist, pharmacy or health store for guidance.

6. **Try White Noise or Earplugs**
   If noise is an issue, white noise machines or comfortable earplugs can help mask snoring sounds.

Creating a Couple-Friendly Sleep Space

Your bedroom should feel like a calm, peaceful retreat - not a battleground for sleep struggles. Here's how to design a zen sleep environment that works for both of you:

- **Set the Right Temperature**
  Most people sleep best at 60-67°F (15-19°C). If one of you prefers it warmer or cooler, try layered blankets so each person can adjust.
- **Keep It Dark & Quiet**
  Use blackout curtains to block outside light and consider a white noise machine if external sounds are disruptive.
- **Upgrade Your Mattress & Pillows**
  If you're constantly waking up uncomfortable, it might be time to invest in a mattress that suits both your needs. Some couples benefit from split mattresses with different firmness levels.
- **Avoid Screens in the Bedroom**
  Consider making your bedroom a no-tech zone to promote relaxation and connection.

> create a calm, peaceful retreat.

The Role of Nutrition & Lifestyle in Sleep

Your daily habits impact your sleep more than you might realize. Here are key lifestyle changes to make together:

Eat Sleep-Friendly Foods

- Magnesium-rich foods (bananas, almonds) help muscles relax
- Herbal teas (chamomile, valerian root) promote calmness
- Whole grains help regulate blood sugar for steady sleep

Avoid Sleep Disruptors

- Dairy & alcohol can worsen snoring
- Caffeine after 2 PM can keep you awake
- Spicy/cold foods & heavy meals cause indigestion at night



Our Sleep Pact – A Promise to Each Other

We agree to:

- Talk openly about our sleep struggles
- Be kind and patient through this journey
- Respect each other's sleep differences
- Work as a team to create a better night's sleep

Setting up a Sleep Journal – Track Your Week

A 7-day log to help couples track their sleep and solutions together and could be helpful. *Perhaps a format like below:*

Day	Sleep Time	Snoring (1–10)	Disturbances	Tips Tried	Energy Level (1–10)
Mon					
Tue					
Wed					
Thu					
Fri					

> sleeparate, proudly helping couples get a better sleep

Snoring & Supper – Food Tracker

Track how dinner choices or alcohol might affect snoring.
Perhaps a format like below:

Date	Dinner/Foods Eaten	Alcohol (Y/N)	Snoring Level (1–10)	Notes from Partner

Quick Wins – Couple Sleep Reminders

A fridge or bedside-friendly cheat sheet:

- Same bedtime
- No screens 30+ min before sleep
- Use a divider like Sleeparate
- Cool, dark room, maybe with door closed to stop other noise distractions
- Try white noise or earplugs
- Side sleeping encouraged
- Stretch/wind down
- No caffeine after 2pm
- Dinner 3+ hours before bed
- Be kind, not critical

Real Questions, Real Advice

We often hear the same questions from couples on their sleep journey. Here's some simple, supportive advice:

Q: What if my partner isn't on board yet?
Start with a calm, open chat. Let them know it's about sleeping better together, not apart. Suggest trying one small change - like a divider or a new routine - for just a few nights. Keep it light and team-focused.

Q: We have different bedtimes - what now?
That's normal! Instead of syncing perfectly, try to overlap your evening routines. A quick chat, cuddle, or reading together helps maintain closeness - even with different sleep schedules.

Q: How long before it works?
Some feel better in a few nights, others take a week or two. Be patient. Small changes can lead to big results - especially when you stick with it together.

Q: We're not sharing a bed anymore - can we fix that?
Yes, if it's something you both want. Tools like a sleep divider or better routines can help you reconnect in the same bed. Take it step by step, and keep communication open.



The Sleep Project Check-In

After trying these changes, take time to check in with each other.

Ask: **Are we both sleeping better?**

Which solutions worked best for us?

Is there anything we need to adjust?

Improving sleep is a journey – it may take trial and error to find what works best. The key is to keep communicating and problem-solving together.

Conclusion: Sleeping Better, Growing Stronger

Better sleep isn't just about feeling more rested - it's about strengthening your relationship.

By taking on the Couples Sleep Project together, you're not just fixing a sleep problem - you're building a healthier, happier future.

Start tonight. Work together.
Sleep better. Stay connected.

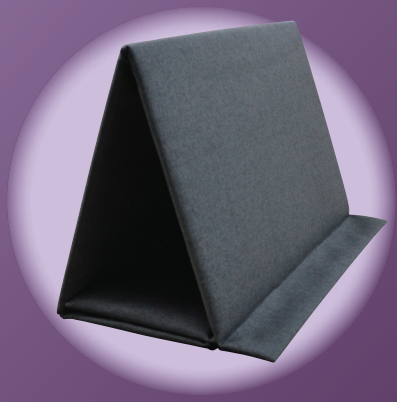
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Disclaimer: This document is not intended as medical advice - Consider medical help if needed – If snoring is loud, persistent, or affecting breathing, it may be a sign of sleep apnea or another condition. In such cases, it's worth discussing with a doctor or sleep specialist.

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Bed barriers

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Notes: