

Once you find that special someone, everything changes, including your sleeping habits. Plus, you now only have half the space you had before! Here are 5 ways to improve your sleep quality, when sleeping in one bed with your partner.

1. **Stick to your bedside.** If you're newlyweds, ignore this :) But once the initial honeymoon phase has worn off, what seemed like the perfect sleeping position, will likely become uncomfortable. I'm thinking about something like this:



Sticking to your bedside and turning away from each other doesn't mean you don't love each other. It's just a sign that you're committed to getting the best quality of sleep you can and aren't needy to the point where you'd rather sleep terribly, just to hog your partner.



- 2. Get a bigger bed.** Might sound obvious, but many couples are too cheap to invest in this. You spend $\frac{1}{3}$ of your day in this thing, so **don't cheapen out on it.** The only 3 things in your life that should be really comfortable are your bed, your shoes and your desk chair. So instead of cramming into the same tiny bed to save a few bucks, treat yourself to a bigger bed - you can easily make back the money with the newly found energy :)
- 3. Get a body pillow to mark your territory.** If your bed's already big enough, but your partner still thinks they're a starfish at night, think about getting a [body pillow](#).



These things can often be found in hotels and are not only great for lonely nights when your partner's away, but also a great "frontier" to clarify each one's space. Just pluck it right in the middle and you'll have your own sanctuary.

- 4. Sleep in a separate room.** This is only something I recommend for cases where you either have to get up very early, have an important day ahead, or completely different sleep schedules. It can also be very helpful if you have a kid. Should you be able to sleep in a room that's further away from your baby's crib, it'll allow you to get a solid night's sleep. Even if you just do it every once in awhile, your body will thank you, as [sleep debt accumulates](#).
- 5. Take turns in dealing with the baby.** A winner for young parents. Just knowing one is responsible will allow the other to get a good night's sleep. While it might seem a little mean at first, it's a good system if you take turns fairly (like switching every night or 2 days). Let's be honest, there's no benefit in both of you being useless due to a lack of sleep. You'd rather know at least one of you is on top of their game.

Let me know what you think of these, and if you choose to implement one of them, be sure to [tell me on Twitter \(you can also just say Hi\)!](#)

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