THE MIGRAINE-SENSITIVE SLEEP ENVIRONMENT

Small changes in your space
can create the conditions
your body needs to rest.

AEVERE ARTIFACT

Essential Edition 02

01

YOUR ENVIRONMENT *ISN'T NEUTRAL*

When you're migraine-prone, your bedroom can either support recovery or quietly work against it. Light, sound, temperature, scent, and even the way your bed feels can all influence the quality of your rest and how you feel the next day.

SENSITIVE SYSTEM

Migraine can increase sensitivity to light, sound, scent, and temperature.

SMALL IMPACTS ADD UP

Tiny disruptions through the night may keep your brain from getting the rest it needs.

RECOVERY HAPPENS IN REST

Deep, uninterrupted sleep supports healing, regulation, and resilience.

YOUR SPACE CAN HELP

You don't need a perfect room—just a space that supports you more often than not.

COMPASSION FIRST

Start with one change. Support, not pressure, creates sustainable habits.

Better sleep
doesn't come from trying harder.
It comes from creating
conditions that help.

THE SIX AREAS *THAT MATTER MOST*

Small shifts in your environment can make a meaningful difference in how restorative your sleep feels.

LIGHT
Exposure—especially at night—can interfere with melatonin and increase sensitivity.

SOUND
Sudden noises and background sound can fragment sleep.

TEMPERATURE
Even small shifts can affect comfort and sleep depth.

SCENT & AIR QUALITY
Strong smells or stale air can be surprisingly disruptive.

BED & TEXTILES
Comfort, support, and texture influence how well you relax and stay asleep.

BEDTIME ENVIRONMENT
What you keep by your bed can either calm your system or overstimulate it.

You don't need to get everything perfect.
Focus on the areas that affect you most.

PRACTICAL WAYS TO MAKE YOUR ROOM *MORE SUPPORTIVE*

Simple shifts that help your body and mind wind down naturally.

LIGHT

- Dim lights 1–2 hours before bed.
- Use blackout curtains or an eye mask.
- Keep devices dim or out of the room.

SOUND

- Use white noise or a fan.
- Try earplugs if helpful.
- Keep the room as quiet and consistent as possible.

TEMPERATURE

- Most people sleep best in a cool room (60–67°F).
- Layer your bedding.
- Use breathable fabrics.

SCENT & AIR QUALITY

- Keep fragrances light or avoid them at night.
- Open windows earlier in the day for fresh air.
- Consider an air purifier.

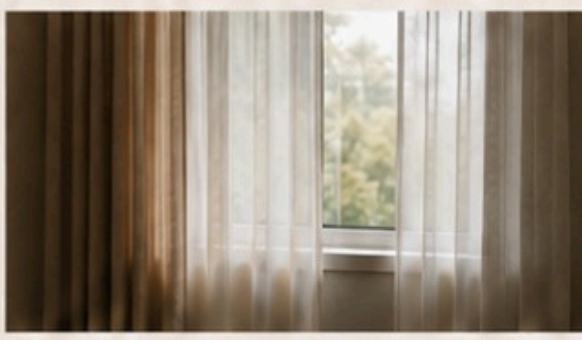
BED & TEXTILES

- Choose supportive pillows.
- Soft, breathable sheets.
- A comfortable, clean space.

BEDTIME ENVIRONMENT

- Keep essentials within reach.
- Remove clutter and visual noise.
- Create a calm landing place for your mind.

Small, consistent changes create big differences over time.



YOUR GENTLE SLEEP ENVIRONMENT *CHECKLIST*

- ○ The room is dark enough for me
- ○ The room is quiet enough for me
- ○ The temperature feels comfortable
- ○ Air feels fresh and easy to breathe
- ○ Scents in the room are minimal
- ○ My bed and pillows feel supportive
- ○ My sheets and blankets feel good
- ○ My bedside area is calm and uncluttered
- ○ I have what I need within reach
- ○ This space helps me feel safe and calm

SUPPORT YOUR RITUAL

A supportive environment works even better with the right tools. Aevere essentials designed to help you create calm, comfort, and relief.

EXPLORE SLEEP & MIGRAINE RHYTHM

Go deeper into sleep timing, routines, disrupted nights, and recovery in the Aevere Library.

AEVERE

Support that meets you where you are.