

The Proper Way to Set Up Your Bedroom

You spend more time in your bedroom than anywhere else, so it's important to keep this space free of clutter and as well designed as possible. Depending on what you use your bedroom for, you'll need to plan accordingly. Here are some helpful tips on deciding what bedroom furniture will best suit your living area.

First, decide what's most important to you in this space. Will it primarily be designated for sleeping? If this is the case, you may want to consider a setup that works off of that simplicity. Many people find that keeping the bedroom devoted entirely to a good night's rest results in increased quality of sleep. Recent research has shown that doing work in bed has a negative effect on the sleep cycle, because the stress from all of that information invades the brain even after the work is put away. Likewise, do you want the drone of a TV constantly in the background? You may prefer to leave the television in the living room, and limit the bedroom to more intellectual pursuits such as reading.

Perhaps you live in a small apartment, however, with limited space in the areas outside of the bedroom. In this case, the best move from a design standpoint may be to include a desk inside of the bedroom. Remember, though: with this added desk you'll also need to keep a chair handy, and this will take even more space. You could always save some room with a fold up chair, but if you're going to do a lot of work, this probably isn't feasible. After all, they aren't the most comfortable.

What about all of your clothing? If there's a ton of closet space, your needs will probably be satisfied by only one small dresser. If, on the other hand, you're living in a room without closets, you'll need to purchase furniture to handle your clothing. Depending on how much you have, this can range from a minimum of furnishings to an entire storage system, with armoires and full size dressers.

Once you've decided on what furniture you'll be putting in your bedroom, it's time to think about the layout. Look where the windows are in the room. You'll want to maximize the available sunlight, so avoid putting furniture in front of the glass. There is a certain design aesthetic that differs with each person, so take the time to explore the different options. Shift the bed to the other side of the room, and lay down for a moment to see whether it feels like it's in the right position.

The way you design your bedroom is a reflection on yourself. Considering that some of the most intimate moments in our lives take place in this space, you should spend a correspondingly appropriate amount of time taking the necessary steps to ensure that your space says the right thing about you. You may spend a little extra money and time in the process, but considering that you spend hours upon hours in this room, isn't it worth it?

About the Author

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