

## **Placing your bed**

Be sure your bed is in a commanding position. This means that, in bed, you're facing the door while not directly in line with the door. You don't want any doors to open up directly in line with the bed. Especially avoid the "coffin position" where your feet point out the door!

Place your headboard against a solid wall, with space available on the other three sides of the bed (left, right, and foot).

Avoid placing your headboard against a wall that has a toilet on the other side.

## **Get a Headboard**

A headboard represents stability and support in your life, and especially in your romantic relationships. The best headboards are solid, without any perforations & attached to the wall, as opposed to the bed.

## **Declutter Underneath Your Bed**

It's time to clear out the space under your bed. If possible, it's recommended to have no storage at all under the bed. If you must utilize it for some kind of storage, stick to soft, sleep-related items like linens, blankets, and pillows.

## **Reduce Electronics in the Bedroom**

On a practical level, we all know that the presence of devices in our bedroom can disrupt our sleep. If you have trouble getting a good night's rest, try your best to keep electronics out of the bedroom. Buying an alarm clock and reading only books are two ways to keep you entertained and engaged without needing a phone or other electronics. The blue lights for internet & wi fi are sleep killers!

## **A Pair of Bedside Lockers**

If possible, make sure to have space on each side of the bed. Two lockers are better than only one, as the asymmetry can be off-putting. It also allows for each partner (or future partner) to have their own space and storage. They don't have to match, but rather they should be complementary and balanced.

## **Incorporate Feng Shui-Friendly Colors**

In a nutshell, the best colours for your bedroom greatly depends on what you need. If you desire a little more passion in your bedroom, try adding some splashes of red. Earthy and neutral colours provide more support and relaxation. If you're looking for rejuvenation and vitality, try blues and greens. Pinks and peaches are ideal hues for attracting a partnership. (or so they say!)

## **Be Selective About Your Art**

The artwork in our bedrooms can say a lot about and affect our personal lives. For romance, family photos are best saved for the other rooms in the house. If you're single and looking for a partnership, avoid images of single people or objects. Instead, invite partnerships with artwork that depicts or comes in pairs. Of course, your style and taste should always come into play—respect that.

## **Move the Books out**

We love books, but if you have trouble feeling relaxed in your bedroom, it's time to find a new home for them.

The book you're currently reading on your nightstand is okay. We're talking about having stacks and stacks of [books or a bookshelf](#) in the bedroom. Books are active energy and stimulate our minds. For a more restful night's sleep, try moving the books out.

## **Keep Your Home Gym out of the Bedroom**

Take your gym gear & equipment out of your bedroom - remember it's a place to relax, unwind & sleep

## **Keep your work life separate**

The bedroom is also not the best place for a home office. Having your desk and work materials right next to your bed can make it harder to wind down in the evening, and can also make it harder to stay focused and alert during the day.

## **Fresh Flowers are a Great Idea**

Choose flowers & blooms that you are attracted to. It can be fun to look up the meanings as well and select them that way. Be sure to keep the water fresh and dispose of the flower when they are expired.

## **Add Vibrant Green Plants**

Living green plants add vibrant life energy to a space. Keep in mind the lighting, heat, and humidity of your bedroom, and choose a plant that will thrive there.

## **Choose Bed Linens Intentionally & Carefully**

This is one of the most important considerations in your bedroom - You spend a lot of passive hours resting and sleeping in your bed, so it's a good idea to consider what you're surrounding yourself with during this time! If you are selling your property, then the golden rule is - Always use white linen!

























