

Design a Peaceful Bedroom

Good sleep is one of the most important factors in maintaining good health. Make your bedroom a peaceful sanctuary. By applying a few Feng Shui principals, you can optimize your sleeping space. Use a mix of soft blue tones, for example, to promote tranquility. Avoid bright red, or other vivid colors or patterns that stimulate energy.



Keep TVs, computers, and other electronics out of your bedroom, or at least hide them away in closets or cabinets before sleeping. Keep your alarm clock on the far side of your nightstand and make sure it doesn't emit too much light.

Keep mirrors out of your bedroom. They bounce light and images around the room, and therefore increase energy. If you have a mirror in your bedroom, cover it with thick fabric before getting in bed. Glass also reflects light. Glass-top nightstands, artwork framed in glass, and glass containers all reflect light and should, therefore be avoided.

Consider your partner. Objects and colors should appeal to both of you. If you share your bed, place a nightstand on each side to create balance. Choose art and objects carefully. If

having a partner is important to you, avoid depictions with only one figure, which suggests solitude. And avoid things with three or more figures which can insinuate infidelity. Be especially attentive to what you can see from your bed. What you notice first thing in the morning can help to set the mood for your first and last thoughts of the day.

Ideally, everything about the area should be peaceful. Don't store exercise equipment near your bed, for example, or allow clutter to accumulate. If you live in an open-style loft or you can't move things, cover them, or hide them behind a screen before you go to sleep.