

Espie Mood Checklist: Bedroom Reset

Small Changes That Help You Unwind at the End of the Day

Mood: Focused- Clear, intentional design, reduces visual noise.

Clear the Visual Noise

- Clear one visible surface completely
- Put away clothing that does not belong in sight
- Remove anything that belongs in another room
- Straighten or hide visible cords

Shift the Light

- Turn off overhead lighting
- Turn on one bedside lamp
- Let the room feel softer before evening

Reset the Bed

- Smooth bedding
- Arrange pillows simply
- Fold one throw or blanket neatly

Quiet the Room

- Leave one area intentionally empty
- Keep the nightstand simple
- Remove extra objects from the dresser

End-of-Day Mood Shift

- Place one book or calming object nearby
- Set water by the bed
- Keep one corner of the room undisturbed

