

Bedroom Reset

Small changes that help you unwind at the end of the day.

Reset the parts of the room you notice most so bedtime feels quieter, softer, and less visually busy.

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.

Less to notice gives your mind fewer things to hold.

Reset the Bed

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

The bed is the room's anchor; reset it first.

Shift the Light

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

Warm, lower light helps signal that the day is slowing down.

Quiet the Room

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

A little open space makes the bedroom feel calmer.

A RELAXED MOOD REMINDER

The room does not have to be finished. It only needs to feel ready for rest.

End-of-Day Mood Shift

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

Finish with one small cue that makes rest feel easier.