THE BEDROOM

GETTING STARTED: *Implementation Techniques To Fix Your Brain*

CREATE YOUR SANCTUARY

▶ *Sleep* — Make sure you are getting at least 7 hours of uninterrupted sleep per night. Creating a serene and calm environment has a powerful effect on the length and quality of your sleep.

▶ *Declutter* — Remove all stacks of papers, clothes and other unwanted clutter from your bedroom.

▶ *Sleeping Posture* — The ideal sleeping posture might take you months to master but it is well worth it. Replace your favorite pillow with an orthopedic pillow and place your old pillow under your knees.

▶ *Air Quality* — Add an air purification system in your bedroom making sure you place it on the far side of the room.

TECHNOLOGY

▶ *Television* — Remove the TV from your bedroom.

▶ *Digital Alarm Clock* — Remove the alarm clock from your bedroom or at least move it from the bedside table and place it on the the far side of the room.

▶ *Cell Phone* — Put your cell phone on airplane mode at night and place it on the far side of the room.

▶ *Wireless* — Turn off the home wireless in the house at night.

CLOTHING

▶ *Pajamas* — Change out all pajamas to organic cotton.

▶ *New Clothes* — Always wash new clothing, underwear or socks before you wear them.

BED & BEDDING

▶ *Sheets* — Change out sheets (especially wrinkle-free sheets) to organic cotton.

▶ *Mattress Pad*— Swap out your existing mattress pad with an organic alternative. You may also want to add an electromagnetic pad (grounding sheet) to your bed.

▶ *Mattress* — You spend approximately a third of your day on your bed so consider saving up and investing in an organic mattress. A few include Avocado Mattress, Plush Beds and Zen Haven. Look around, do your homework and find one that is right for you.

▶ *Furniture* — Over time start to replace any pressboard furniture with solid wood furniture with an oil finish instead of paint or lacquer.