

THE RESTORATIVE BEDROOM CHECKLIST

1. Organizing Your Bedroom

- ☐ Clear one "landing zone" surface completely
- ☐ Edit one drawer or closet shelf
- ☐ Remove one item that doesn't belong in here
- ☐ Check underneath the bed
- ☐ Repeat these when you can; this is not a race

2. Multipurpose to Rest

- ☐ Name what else this room is being used for
- ☐ Screen or tuck away one non-rest item
- ☐ Create one visual cue that says "rest now"
- ☐ Do you really need a T.V. in here?
- ☐ Remove anything that signals "work"

3. Bedding & Sleep Comfort

- ☐ Check if your sheets actually feel good
- ☐ Add one warm layer (throw or blanket)
- ☐ Check your pillow's age and support
- ☐ Remove layers in warm weather; add layers for colder months
- ☐ Make a promise to make your bed everyday

4. Natural Light

- ☐ Open curtains fully each morning
- ☐ Notice what's blocking your window light
- ☐ Consider sheers instead of heavy drapes
- ☐ Notice which direction your light comes through
- ☐ Embrace the natural light you have; be it alot or a little

5. Artificial Lighting

- ☐ Swap one harsh bulb for warm-white
- ☐ Add a soft bedside lamp for evenings
- ☐ Consider a sunrise alarm clock
- ☐ Try to omit using harsh ceiling lighting
- ☐ A 40w lightbulb is enough to read by

6. Reducing Noise & Overstimulation

- ☐ Move your phone charger away from the bed
- ☐ Simplify one visually busy surface
- ☐ Try a white noise machine or fan
- ☐ Try to avoid solving big problems right before bedtime
- ☐ Try to avoid taking late night phone calls

7. Adding Gentle Sound

- ☐ Notice if silence feels empty, not calm
- ☐ Try soft rain, wave, or hum sounds with a sound machine
- ☐ Keep any added sound gentle, not busy
- ☐ Keep conversation light and easy
- ☐ Do you need a sleep timer?

8. Bedroom Layout

- ☐ Check your bed's position and flow
- ☐ Clear the path you walk most often
- ☐ Define one small zone beyond the bed
- ☐ Close your closet door to remove the visual "noise"
- ☐ More open space allows the room to breathe

9. Bedtime Ritual

- ☐ Choose one small, repeatable wind-down step
- ☐ Dim the lights before you get in bed
- ☐ Let it be imperfect some nights
- ☐ Set up your sound machine
- ☐ Light reading or simple journal entry

10. Morning Ritual

- ☐ Let light in as soon as you wake
- ☐ Choose one small anchor step (bed, drink, sit)
- ☐ Make the bed to signal "day mode"
- ☐ Incline your heart to a new day – give thanks
- ☐ Take a moment to stretch and take two deep cleansing breaths

Let's Do This, One Step At A Time, Jeanine

Want to know exactly where to start? Take my questionnaire just for women (link is below)

<https://forms.gle/2a13Rv8EZEJjDNVt7>

"Difficult phases do not last forever, and warm days always come back." unknown

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