

TIPS FOR A MINIMALIST BEDROOM

The bedroom is one of my favorite places to start minimizing the things we own. It's so important for the room you rest in to be free of distractions and clutter. When you create a relaxing retreat here, you create a place for your mind to recuperate from the day and you're better able to take on the rest of your home! Here are some ideas and tips for getting started.

Start with your closet

I love the KonMarie method of getting all the clothes you own into one space and sorting through them to decide what to keep. The first time I made real progress with my closet was when I piled every single thing, including socks and undergarments, on my living room floor. This way you get a real visual of the sheer amount of things you own and can start to part with all the clothes you don't love.

PS Let's cover something uncomfortable, literally. You deserve to only own comfortable underwear. Let's stop holding on to the ill fitting stuff "just in case." If you're in an emergency situation do you really want to be stuck with uncomfortable underwear too? This is one place to make some immediate room in your budget for!

Clean out your nightstands

Your nightstands are not a mini closet. Find a new home (preferably in a different room) for everything you don't need around your bedtime routine. Things to keep might be a book, glasses, meds you take before bed, and your phone charger. Maybe some headphones. Try to identify the things that typically end up in your nightstand that shouldn't be there and find new systems for them. I find that I tend to stash boxes electronics came in and user manuals in mine. Now I try to file them or trash them before they end up stashed in a random drawer. Turns out in all my years of owning different iPhones I've never referenced the user manual or ending up needing the original boxes, weird!

Simplify your bedding

My favorite set up for our bed is a fitted sheet, a thin quilt, a linen duvet/duvet cover, two sleeping pillows and two sham pillows. I ditched throw pillows in the name of simplicity and haven't regretted it one bit. The key to a stylish minimalist bed is to incorporate a variety of textures in the things you do use. Of course you don't have to ditch all the throw pillows like I did, find what works for you!

Keep all furniture functional

You might need a dresser, nightstands, a couple bedside lamps, a bench at the end of your bed and a basket or two for clothes and catching other odds in ends. But don't rush to fill every empty space in your room. I find that visual space creates mental spaces and gives you more room to breathe and relax. Embrace the blank space!

Simplify your decor

It's easy to fill dresser tops and furniture with small decor and mementos like picture frames and jewelry holders, and then also use them as a landing spot for emptying your pockets. Your room will be so much less cluttered if you can try to keep these surfaces clean. I like to get all pictures hung on my wall and put just a couple bigger items like a plant or vase paired with a nice candle on a stack of books. And if you can't seem to stop emptying your pockets, get a nice try to keep everything contained to one little spot.

I love using an awesome headboard and a bold (but relaxing) paint color to make a statement in my bedroom. These aren't super distracting, but still allow you to express your style in the space.