

03 / BEDROOM SERENITY

Designing your **sleep sanctuary.**

Small choices, quiet impact — how to design a room that actually rests you.

NEATLY · Home essentials, thoughtfully chosen

The bedroom as a sanctuary

Design it for the last hour of your day, not the first.

Most bedrooms double as offices, gyms, dressing rooms, and laundry sorting stations. The brain learns those associations — and brings them to bed with you.

A sanctuary bedroom does one job well: ***it tells your nervous system the day is done.***

The levers are smaller than you'd think — color, light, surface, and what's within arm's reach.

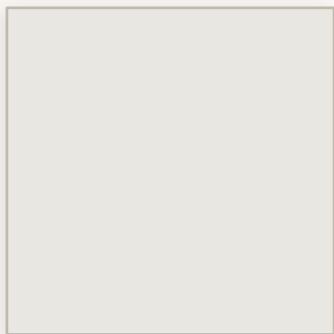
“

*A bedroom should hold
less than every other
room.*

— THE QUIETER, THE
BETTER

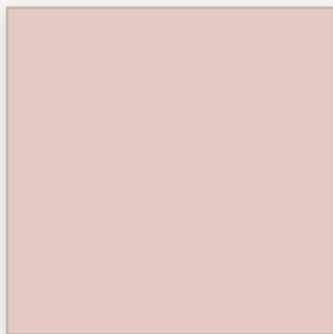
Color choices for better rest

Lower saturation. Warmer undertones. Nothing that buzzes.



MIST

#E8E7E2



BLUSH

#E5C9C2



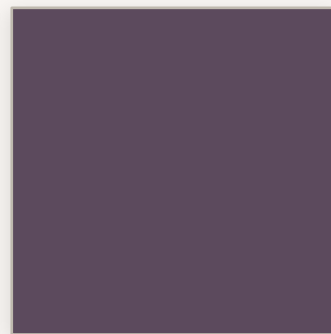
SAGE

#B5C2A8



LAVENDER

#B7ADC5



AUBERGINE

#5C4A5D

Below 50% saturation

Anything brighter activates the eye. Keep tones dusty and soft.

Warm > cool at night

Cool blues feel clinical under lamp light. Warm them with rose or beige.

One darker anchor

A deep aubergine headboard or wall grounds an otherwise pastel room.

Layered textures for comfort

A bed should ask to be climbed into. Texture is how it earns that.

BASE

Crisp cotton or linen sheets. Breathable, never slippery.

MIDDLE

Lightweight quilt or coverlet — a layer you can fold down.

TOP

Heavier duvet in winter, throw blanket in summer.

CROWN

2-3 pillows max. Mixed sizes, never matching shams in a row.

Bedside order = mind at ease

The last thing you see at night quietly shapes how you fall asleep.

- One lamp with a warm bulb (2700K or lower).
- A book — paper, not a screen.
- Water glass with a small coaster, not a bottle.
- A single tidy spot for your phone — not the pillow next to you.
- Nothing else. Truly. Everything else lives elsewhere.

FROM NEATLY

BedPouch™ Felt Organizer

Slips between mattress and frame. Holds the book, phone, charger — keeps the surface clear, the mind clearer.

neatlyshop.com / bedroom-serenity

Sweet dreams start with space.

Less in the room. Softer on the eyes. Warmer at the bedside. Sleep follows.

Explore the Bedroom Serenity collection at neatlyshop.com