

## The Ideal Healthy Bedroom

<b>IDEAL</b>	<b>AVOID</b>
It's best to sleep in a wooden bed located free from geopathic stress (underground water and mineral lines); preferably placed in a command position: against a solid wall, with a view of the door as you face forward, and a wide view of the room.	Beds placed over naturally occurring underground water lines or within unbeneficial energy lines. Avoid metal beds and beds directly in front of the door or on the same wall as the door.
The electric service box is located away from all bedrooms.	Placing the electric box in, under, or around any bedroom.
Place the master bedroom behind the center line of the house, toward the rear of the house for the best sleep and a quieter, more private setting.	Avoid placing bedrooms over the garage, and avoid placing bedrooms forward of the front door. Rooms forward of the front door often feel disconnected from the house.
All bathrooms have doors to contain draining energy, even off the master bedroom.	Placing toilets on the adjacent wall or in line with any bed. Avoid locating plumbing behind headboards.
Include the ability to completely power down all bedrooms while sleeping. Use wiring that is in metal-clad conduit to minimize exposure to electric and magnetic fields. Use a battery alarm clock or put your mobile phone in airplane mode.	Electric outlets and wiring directly behind the bed. Locate both to either or both sides of the bed. Turn off TVs, computers, Wi-Fi, cell phones, portable phones, electric clocks, clock radios.
Use VOC free paint (volatile organic compound). Select products with minimal or no off-gassing for wallpaper, carpets, fabric, finishes, wood sealants, etc.	Minimize products that off-gas, such as glues and finishes using formaldehyde.
Use all-natural fibers and fabrics to minimize static electricity, dust, and off-gassing.	Avoid synthetic products. They increase static electricity and contribute to dust.

<p>Create the master bedroom as a private and cozy sanctuary. Minimal use of mirrors.</p>	<p>Avoid oversized master bedrooms that double as offices and mixed-use space. Omit mirrors, if possible. Depending on their location, mirrors can magnify EMF issues and disturb sleep.</p>
<p>Include round edges and natural light.</p>	<p>Avoid doors leading to the outside from the bedroom, oversized beams or beams over the bed, sharp angles, slanted or vaulted ceilings, skylights over the bed, walls on the diagonal.</p>
<p>Sleep in complete darkness. Use dark shades or drapes, battery alarm clocks without lights, covers on digital displays, eye covers.</p>	<p>Avoid extraneous light from alarm clocks, electronics, night lights, outdoors, etc. These disrupt the melatonin cycle in the body, which is needed to create good sleep.</p>