

## **The Holistic Bedroom - according to sleep expert Claus Pummer**

Getting a healthy sleep is very important as it leads to relaxation, regeneration, vitality, more energy and well being. Many people overlook the value of this restful slumber and only realize its purported benefits when they have trouble falling asleep, have sleepless nights or wake up fatigued and in a bad mood. Then they look for solutions and realize that the bedroom is one of the most important rooms in a house, it is a place of security and offers preventative health benefits, recovery, regeneration and personal development. No other room in the home influences its inhabitants as much as this room – as the bedroom is the source of spiritual and physical regeneration. Consequently, these areas demand more consideration so one can concentrate on getting the best night's sleep possible; bearing in mind the basic principles of healthy living and sleeping.

### **Important things to keep in mind when designing and furnishing bedrooms for your wellbeing:**

**Layout:** The bedroom should be a separate room, cut off from any noise pollution.

**Room size:** The room should be at least 7.5m<sup>2</sup> per person to ensure sufficient oxygen for the night. Air out the room before bedtime by opening a window – an air purifier, chemical free paint and wooden accessories are also recommended.

**Floors:** preferably wood, treated with natural wax or oils and any desired area rugs should be made of wool

**Furnishings:** All furniture should be made from wood (treated with natural waxes or natural oils so it can breathe). Mass produced furniture should be avoided due to its possible chemical treatments and synthetic content. The room should be as free as possible from electrosmog, electromagnetic fields, noise pollution, light stimuli and air pollutants etc.

**Room temperature:** The ideal temperature for the bedroom is 16°-18° with a relative humidity of 50-60%. The bed should be at least 35 cm from the floor because 90% of dust is found in the first 20 cm.

**Noise:** Proper windows and shutters should provide adequate sound insulation. Blinds and curtains will help prevent light from entering the room as light stimuli will disrupt sleep.

**Mirrors:** High frequency radiation can be reflected off mirrors – bed should not be in its vicinity.

**Elektrosmog:** All electronics, such as radio alarm clocks, TVs, cordless phones should be disconnected. It is recommended to install a main on/off switch.

**Colors and color scheme:** Certain colors have been found to be more relaxing than others. The room should be painted in relaxing pastel shades – such as yellow, pink or light blue and the bedding should be a bit brighter than the walls.

**Bed/mattress:** The sleep system is the epicenter of the bedroom and as such should only be made from natural materials such as wood, natural rubber, wool and cotton etc. Innerspring mattresses should be avoided – they draw in the electromagnetic field (EMF) radiation and couple with any electrosmog radiation. The bed shouldn't be next to badly insulated walls or a window, where the cold temperatures could leak in.

**Bed size:** Ideally the width of the bed should be 90-100 cm per person and approximately 20 cm longer than the individual(s). Preferably the sleeper should lie with his head to the north or south to be in line with the earth's geomagnetic field.

**Slat frame:** Natural materials augment healthy sleep patterns; the frame should be flexible and metal-free to avoid magnetic field disruption.

**Mattress overlay:** Natural materials are recommended, ideally cotton filled with wool.

**Duvet and pillows:** Ideally made of cotton and wool, pillows and duvets incorporate down filling to avoid static and grant moisture absorption.