



Monthly Organizing Special

Have you ever noticed that the master bedroom is the last place to get cleaned? Company is coming and everything gets thrown in a bag or bin and where does it end up? The master bedroom. The master bedroom is a private space. If there is a place guests are least likely to go, it is your bedroom. Consequently, this space often becomes last on the priority scale when it should be near the top of the list. Let's take a look at why I think it should take a front seat when it comes to cleaning up.

First and foremost, if you have clutter in your bedroom, it is affecting your love life. Yes, you heard me correctly. How? Clutter leads to fatigue, irritability, lack of focus and difficulty sleeping. When you and your loved one are tired and cranky, your love life is probably not getting the quality attention it deserves. And let's think about how distracting all that stuff lying around is. If you're finding it difficult to get in the mood, think about how clutter is contributing to the problem. Most people tell me that their clutter makes them feel overwhelmed, exhausted and out of control. These are not the kind of feelings that foster romance.

Secondly, clutter in the bedroom is not conducive to good sleeping. Visual and mental clutter lead to restlessness. This restlessness, leads not only to difficulty in falling asleep but staying asleep as well. Not getting enough sleep can have a number of negative consequences. Lack of adequate sleep can weaken the immune system which encourages colds and decreases productivity. Other side effects include a drop in cortisol levels (which makes you look older) and hormone leptin levels (which cause increased eating and weight gain).

And last but not least, your bedroom should be a sanctuary to escape from the rest of the world, NOT a place you are trying to escape from. After a long hard day at work or with the kids, you need a place where you can relax and unwind. What does a place like this look like? It will be different for everyone but likely has the following characteristics- a cleared floor, a made bed, surfaces intentionally filled with coordinated accessories (not clutter) and a chair to sit or read in.

This brings me to this month's challenge. During the month of February, I'd like to challenge you to clear the clutter in your bedroom. Take note on how it affects your romance, sleep and relaxation. If you see it making a difference, drop me a line and tell me about it! And for those of you who don't feel you can accomplish this task on your own, I'm happy to assist you. I'll even throw in a 25% discount for bedroom organizing this month to help you meet the challenge.

Here's to a new and renewed space in that place you call your bedroom.

Sincerely,

Susan Stewart
Perfectly Placed

*Do you need help getting your life organized? Sign up for free tips at the
Perfectly Placed website.*

www.perfectlyplaced.org

(623) 202-9199

www.perfectlyplaced.org • susan@perfectlyplaced.org