

Organizing Your Bedroom

By [Jacquie Ross](#)

Creating a Clutter-Free and Relaxing Bedroom

Your bedroom is where you begin and end your day, so it should be the most relaxing, comfortable and inviting room in your home. However, it is often the last decorated and most neglected room in the home. Sometimes it's never decorated at all and is cluttered with piles of clothing, toiletries and reading materials. Waking up in a cluttered bedroom can bring on stress and is certainly not how you want to begin your day.

If you would like your bedroom to be a relaxing and peaceful retreat, following these clutter-clearing tips can help you to achieve the bedroom you've always dreamed of:

Furniture Surfaces:

Try to keep your bedside tables and dresser surfaces free of unnecessary items. Ideally, your bedside table will have a book or magazine, clock, small radio/CD player, journal and pen, TV remote and maybe a small water carafe and drinking glass. Save at least one drawer, if you have one, for reading materials and other items that you are not regularly using.

TV:

If you like to have a TV in your bedroom and have the space, consider purchasing a TV cabinet or armoire so that you can close the doors when you're not using it. You can also utilize some of the space in the cabinet for CD's, DVD's and even books and other bedroom-related items.

Hamper:

Keep a hamper in the bedroom or nearby bathroom. Use it daily and empty weekly or more frequently. Avoid using a bench or chair for your clothes; unless you are disciplined enough to go through the clothes pile weekly.

Closet:

Go through your clothing every 3 months or so to purge and donate items you are no longer wearing, and purchase closet organizers to maximize the space. To maintain order, keep a "Donate" and "To Mend" box or container in the closet.

Toiletries:

Avoid placing all of your perfumes and toiletries on the top of your dresser or chest. If you have the space, store your toiletries in the bathroom, or if you can spare a drawer or shelf in the bedroom, line it with a pretty shelf liner and store your toiletries out of sight, but in a convenient space.

Finally, avoid using the bedroom for tasks unrelated to sleeping, dressing or relaxing. For example, unless your bedroom is outfitted with office space, papers do not belong in the bedroom. Try to create another space in your home for work-related tasks.

When the clutter is cleared, paint and embellish your room so that it's a soothing oasis and a space that you love to be in!

Jacquie Ross is a Maryland based Professional Organizer, writer and owner of CastAway the Clutter! A member of the National Association of Professional Organizers, she teaches homeowners how to reclaim their time and space. Jacquie can be reached at jacquie@castawaytheclutter.com. Visit CastAway the Clutter to sign up for her free organizing tips at www.castawaytheclutter.com.