

HOW TO AVOID COMMON BEDROOM MISTAKES

1. Create a furniture plan when designing your bedrooms. Include the location of the television, making sure it can be seen from the bed. Provide your architect with photos and dimensions of furniture you plan to use in your bedrooms.

2. Plan window treatments so the curtain return has a place to hang when the curtains are open. (Potential mistakes include a window being too close to a side wall to fit a curtain rod or the fireplace hearth extending to the area where the curtain return hangs.)

TIP: For optimal health, the bedroom should be totally dark when you are sleeping, according to Dr. Mark Houston, a specialist in antiaging, hypertension, and internal medicine. Darkness promotes increased melatonin production, which can lower blood pressure, reduce cancer risk, improve cardiovascular function, and slow aging. So plan ahead for installation of window treatments that will provide total darkness while you sleep.

3. If there will be windows on the headboard wall, locate the windows on each side of the headboard so they won't throw off the symmetry of the bedside tables, lamps, and headboard.

4. Be sure the headboard wall is long enough to fit the headboard and two bedside tables.

5. Check that outlets are placed in the right locations and there are enough outlets. Be sure the light switch on the wall above the bedside table is not randomly placed and does not interfere with the aesthetics. See *Designing the Headboard Wall* (page 100).

6. Make sure when the bedroom door to the bathroom is open, you like what you will see.

7. Count the number of individual window treatments you will open and close on a daily basis, and consider if there are too many individual windows.

8. When working with your audio/security person, pay close attention to where the security pad will be mounted on the wall. Compare it to your furniture plan. Also consider whether the lights on the pad will bother those sleeping. If it's located on a narrow wall, make sure it is centered.

9. Make sure the path from the bedroom door to the bathroom is not an obstacle course, with benches, coffee tables, or other furniture.

10. If someone makes urgent runs to the bathroom at night, consider the location of the bed relative to the toilet and the distance he or she will travel.

11. If you will have grown children or guests visiting who stay out late, locate your master bedroom away from the driveway so that headlights and vehicle noise do not disturb you.

12. Choose a quiet room for the area located directly above your bedroom.

13. If you want a fireplace in your bedroom, consider a raised fireplace so that you can view it from the bed. If placing it on a side wall, consider placing it on the side where the person who likes more warmth sleeps.

14. If you have a four-poster bed and television in a bedroom, make sure the bedposts do not interfere with watching the television.

15. Consider if you want your bedroom ceiling fan centered in the room or centered over the bed. A four-poster bed accentuates the fact that a ceiling fan is not centered over the bed.

16. If you have a favorite side of the bed, tell your architect early in the design process. One couple always had the man on the left side of the bed, closest to the bathroom. In their new home, he has to walk around the bed to reach the bathroom.