

Couple's Bedroom Measurement Checklist

Measure, arrange, and outfit your shared space to eliminate sleep disruptions.

Stop waking each other up with this exact spacing, lighting, and bedding guide. Create a perfectly balanced retreat built for better sleep.

● Key Bedroom Measurements

36 in

clear exit path around bed

24-28 in

total bed height from floor

24 in

min. rug extension beyond bed

1/4 in

felt rug underlayment thickness

30 in

sconce height above nightstand

15 degrees

tight reading light beam spread

2700K

warm white LED bulb temperature

65-68 °F

ambient nighttime room temperature

Hidden Dual Duvets

End the blanket tug-of-war using two separate Twin XL duvets (39 by 80 inches) on a King bed. Drape a wide throw horizontally to unify the surface.



● Motion-Isolating Support

Find your row: **Sleep need**

Sleep need	Your pick	Why
Hot sleepers	Pocket sprung	Very low motion transfer
Joint pain	Memory foam	Zero motion transfer
Couples	Hybrid foam	Low motion transfer
Guest rooms	Continuous coil	High motion transfer

● Room Setup Checks

- Center the mattress on the primary wall to ensure absolute symmetry.
- Align nightstand heights within two inches of your specific mattress top.
- Apply felt wall buffers to the back edge of upholstered headboards.
- Assign his & hers drop zones in dedicated top nightstand drawers.
- Route charging cables through a drilled grommet hole in the drawer.
- Install blackout curtain rods just below the ceiling line.

● Room Notes & Dimensions

Enjoy a peaceful, uninterrupted night's rest in your beautifully balanced shared sanctuary.