

The Den Sizing Sheet

Perfectly proportion your TV, sofa, and lamps for lazy Sundays.

Arrange your den perfectly with exact measurements for lounging comfort and cinematic viewing. Use this guide to find the ideal layout for your space.

● Essential Den Dimensions

25 in.

Nap-depth inside seat to back cushion

At eye level

Lamp shade bottom hem position

1.5x diagonal

TV viewing distance from screen

Matte finish

Wall paint to absorb stray light

6500K

Bias light glow behind the TV

42 in.

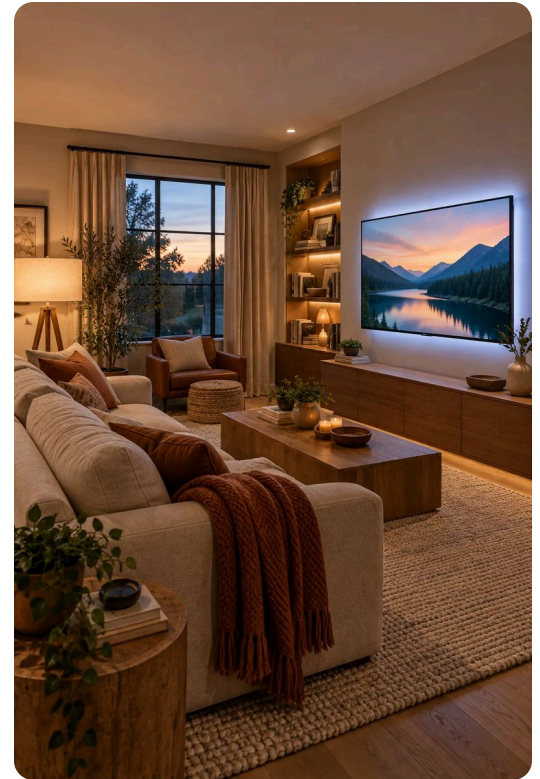
TV center height from the floor

16-18 in.

Coffee table clearance from the sofa

3/4 in.

Minimum chunky wool rug pile height



*Warm up ambient lighting
Equip your side table lamps with 2700K LED bulbs
to cast a soft, sunset-like glow that signals the
brain to wind down.*

● 5-Step Bias-Light Setup Sequence

- 1 Check the paint** Ensure the wall is painted flat or matte to eliminate distracting reflections around the screen.
- 2 Clean the surface** Wipe the back of the TV with isopropyl alcohol to ensure the adhesive sticks permanently.
- 3 Test the corners** Map out your 90-degree bends before peeling the backing to avoid damaging the LED diodes.
- 4 Plug into TV USB** Power the strip directly from the television so it turns on and off automatically.
- 5 Set brightness low** Keep the glow subtle at 10 percent to form a soft halo, not illuminate the room.

● TV Viewing Distance Chart

Find your row: **Your screen size**

Your screen size	Your pick	Why
55 inches	82.5 in (6.8 ft)	Prevents eye strain
65 inches	97.5 in (8.1 ft)	Ideal for standard screens
75 inches	112.5 in (9.3 ft)	Maintains visual comfort
85 inches	127.5 in (10.6 ft)	Immersive without neck strain

● Seat Depth Guide

Find your row: **How you lounge**

How you lounge	Your pick	Why
Rigidly upright	21-22 inches deep	Standard for everyday sitting
Curled up for hours	Nap-depth size	Requires structured lumbar support

● Lamp & Side-Table Checks

- ☐ Match side table to within two inches of sofa armrest height.
- ☐ Ensure side table diameter is at least 18 inches for balance.
- ☐ Verify sofa sits around 17 inches high to keep feet planted.
- ☐ Leave a minimum 3-inch gap between television and mounted soundbar.
- ☐ Run HDMI and power cables through an in-wall routing kit.

● Room Measurements & Notes

Enjoy your perfectly proportioned den, built for the ultimate lazy Sunday marathon!