

Minimalist Room Reset Checklist

Your blueprint for calm and a clutter-free sanctuary.

Transform your sleeping space by hiding visual noise and establishing a baseline state of order. Move top-to-bottom to create an airy, serene retreat.

● Architectural Dimensions

30 in

above your specific mattress top

6-8 in

outside your exact headboard width

Max 14 in

nightstand depth for floating effect

Min 12 in

open airspace below bottom drawer

2700 K

LED bulb color temperature

220-grit

sandpaper to scuff cord covers

45 degrees

interlocking French cleat angle

Seamless Cord Management

Scuff your paintable cord cover and apply a bonding primer before painting. Drive two small drywall screws through the back to secure it permanently against humidity.



● 5-Minute Daily Reset

- ☐ Clear the nightstand of water glasses and receipts.
- ☐ Restrict nightstand styling to exactly three functional items.
- ☐ Pull the duvet up and smooth washed linen layers.
- ☐ Return any stray clothing directly to the closet.
- ☐ Dim the hardwire-free sconces to exactly 30 percent.
- ☐ Bundle excess wire tightly with a velcro strap.

● Space & Styling Checks

- Check anchor packaging for rated shear strength based on your wall type.
- Use a magnetic stud finder to locate framing, spaced 16 inches apart.
- Measure your standard queen bed; ensure nightstand width stays under 24 inches.
- Swap standard covers for color-matched outlets to blend into your paint job.
- Limit arrangements to four standard sleeping pillows and one single elongated lumbar.
- Stick to a strict palette of three analogous tones for grounded harmony.

● Anchor Selection Guide

Find your row: **Your wall material**

Your wall material	Your pick	Why
Wooden stud	3-inch wood screw	Primary secure wood connection
1/2-inch drywall	Steel toggle bolt	Secondary heavy-duty support
Standard drywall	Avoid plastic plugs	Pulls out under constant pressure

● Sanctuary Notes

Enjoy your beautifully curated, restful sanctuary every single night.