

Desk Setup Measurement Guide

Dial in your workspace ergonomics to prevent daily fatigue.

Arrange your monitor, lighting, and power supply using exact measurements. Grab your tape measure to dial in a comfortable, productive workspace.

● Ergonomic Setup Measurements

28-inch focal depth

From seated belly to screen center

Eye-level top bezel

Aligns exactly with horizontal seated gaze

3000K bias lighting strip

Behind monitor to soften harsh contrast

30-inch minimum width

Felt acoustic desk pad fits peripherals

Max 12-inch radius

From body center to the mouse

15-degree shallow V-shape

Inward curve for dual monitor screens



Inverted Power Strip Placement

Mount an inverted power strip completely out of sight under the desk edge. Check packaging for surge ratings, and strap heavy power bricks directly to the frame.

● Evaluate Desk Surface Depths

Find your row: **Available room footprint**

Available room footprint	Your pick	Why
24 inches deep	Requires monitor arm	For compact home offices
36 inches deep	Supports dual monitors	Room for drafting or creative suites

● Crucial Workspace Checks

- Check the monitor back for a 100x100mm VESA mounting hole pattern.
- Verify the articulating arm clamp fits desk thicknesses up to 2.5 inches.
- Ensure chair armrests sit at least one inch below hanging cables.
- Look for a sliding seat allowing two fingers clearance behind calves.
- Check your adjusted desk height allows a relaxed 90-degree elbow angle.
- Balance the monitor glow with a low-wattage floor lamp opposite.

● Workspace Layout Notes

Enjoy a beautifully balanced workspace that actively supports your posture all day long.