

Teen Boy Room Setup Measurements

Exact dimensions for a comfortable, organized streamer-studio bedroom.

Arrange his space perfectly with these exact studio dimensions. Check ergonomic fits on site before mounting hardware.

● Core Setup Dimensions

30 inches

Desk depth for multi-monitor setups

20-30 inches

Monitor distance (an arm's length)

6500K

Bias light color temperature

+5 inches

Twin XL length over standard

2-3 inches

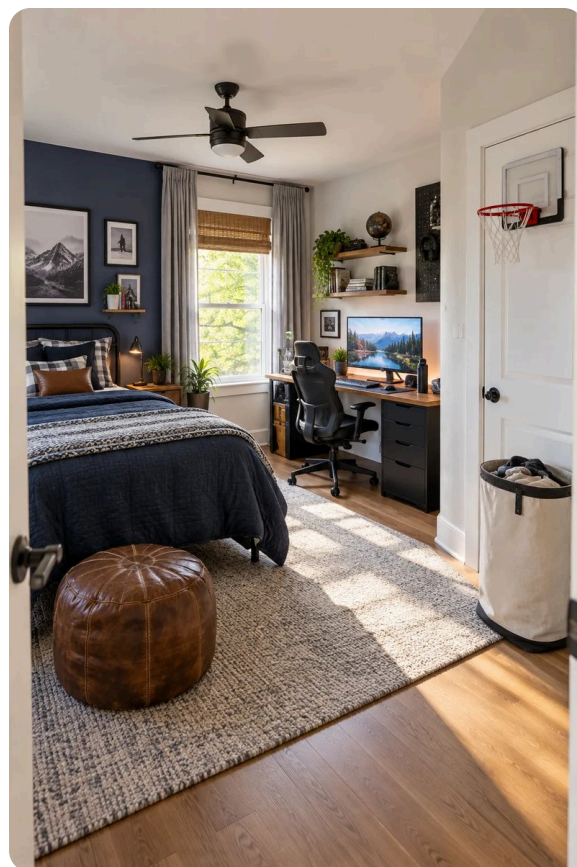
Cable tray drop below edge

Eye level

Hoop rim height over hamper

Mount Trays Securely

Avoid adhesive tape for cable management. Heavy power strips will inevitably peel off; always pre-drill shallow pilot holes and use short wood screws.



● Size & Length Guide

Find your row: **Your items**

Your items	Your pick	Why
Standard twin mattress	75 inches long	Leaves taller teens dangling uncomfortably
Twin XL mattress	80 inches long	Matches adult queen or king length
Bias LED strip	3/4 of screen perimeter	Creates a seamless halo effect
Extended desk mat	At least 36 inches wide	Defines the active workstation zone

● Ergonomic & Placement Checks

- ☐ Adjust chair lift until his feet rest flat on the floor.
- ☐ Raise monitor arm so the top third sits at his eyes.
- ☐ Adjust side triggers until armrests are flush with the desktop.
- ☐ Fold keyboard feet flat to maintain a zero degree tilt.
- ☐ Mark cable tray mounting holes exactly two inches inward.
- ☐ Start wall art grid exactly eight inches above the monitors.

● Project Notes

Enjoy building a streamlined, highly functional studio space he will love!