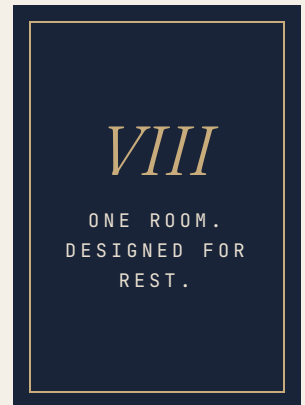


— THE BEDROOM CODEX

# The *Bedroom.*

*A complete anatomy, layout, and layering system for the most personal room in the home — the one designed for the hours your eyes are closed.*



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PAGES

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SECTIONS

Six

FOR

Any Home

FORMAT

Codex

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— READ THIS FIRST

# The bedroom is the only room you design for the hours your eyes are closed. *Solve for sleep first. Everything else is supporting.*

You spend more hours in the bedroom than in any other room in your home — most of them unconscious. The bedroom you design for waking eyes is not the bedroom you sleep in. The bedroom you sleep in is the one that controls light, lowers stimulation, and signals "this is where the day ends." Most bedrooms solve for neither — they end up half-decorated, half-storage, half-lit, and half-rested.

The Bedroom Codex is a complete anatomy of the room: **the eight elements every well-designed bedroom contains, the measurements that determine whether the bed is the right size and in the right place, the lighting layers that take a bedroom from "lit" to "rest-coded," the bedding stack that separates a designed bed from a furniture-store display, and the layout discipline that lets the room serve sleep first and everything else second.**

It is not a Pinterest board. It is not a duvet list. It is the discipline applied to the room you spend a third of your life in.

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## — *Dreamr*

FOUNDER · DECORDREAMR

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## — A DESIGNER'S POSITION

# Seven rules *for the room you sleep in.*

Most bedrooms fail in the same predictable ways — bright bulbs, asymmetric nightstands, blackout-less windows, pillow overload, beds shoved against walls because the dresser claimed the better real estate. The rules below are not stylistic preferences. They are the discipline of designing a room whose primary function is rest.

- 01 The bedroom is the only room you sleep in. *Design for eyes closed, not eyes open.*
- 02 The bed is the focal point. *Everything else is supporting cast.*
- 03 Symmetry signals sleep. The brain reads asymmetric bedrooms as *transient*.
- 04 Three lights — and one of them must be at bed level. *The overhead is for cleaning, not for living.*
- 05 Light control is not optional. A bedroom you cannot make dark *is not finished*.
- 06 The bedroom is not storage. If it stores more than it sleeps, *edit before you decorate.*
- 07 The bedroom is where the day ends. *It should look like an ending.*

## HOW TO USE THIS CODEX

Read Part 1 with the bedroom in front of you and the lights both on and off. The diagnostic is the first move. Parts 2 through 4 are the system in execution order: anchors, layers, layout. Part 5 is the troubleshooting guide. Part 6 is the printable Resource Vault — the shopping list, the 14-day sprint, and the audit worksheet. Apply Part 1 in 20 minutes; complete the codex in 14 days.

# I The Anatomy

DIAGNOSTIC + INVENTORY

*Before you change a sheet, you need a clear answer to one question: can this room actually deliver sleep. The Anatomy is the test.*

A great bedroom is not measured by how it looks in a photograph. It is measured by what happens in the hour before sleep and the hour after waking. The diagnostic on page 5 names the failures. The anatomy inventory on page 6 names what is missing. Most bedrooms are not failing because of a bad headboard — they are failing because they have one nightstand, no blackout layer, only an overhead light, and a bed pushed against the only wall that didn't have a window.

## WHAT YOU'LL WALK AWAY WITH

A score on the five-question Bedroom Test, a complete inventory of which of the eight anatomy elements your bedroom has, and a prioritized list of what to fix first.

## The two diagnostic mistakes

- Decorating before darkening.** A bedroom that cannot be made fully dark is a bedroom whose foundation is missing. Buy the blackout layer before the throw pillows.
- Treating a bed problem as a bedding problem.** A wobbly bed frame, a too-low headboard, or a bed against the wrong wall is not fixable with new sheets. The diagnostic separates structural from surface issues.

## — DIAGNOSTIC 01 • TWENTY MINUTES

# Answer five questions. *Find the failure.*

Walk into your bedroom — first in daylight, then again with the door closed and the lights off. Answer each question honestly. A "no" or "I'm not sure" on any question is a diagnostic flag, and the chapter referenced is where the fix lives.

- Can you make the room completely dark?** Close the door and the window treatments at 2pm on a bright day. If sunlight still reads on the walls, you do not have a blackout layer — and your sleep quality is a window-treatment problem, not a mattress problem. *(See Part 2, page 10.)*

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- Can you read in bed without turning on the overhead?** If the only way to read in bed is to flip the overhead, the bedside lighting layer is missing — and the room will never feel rest-coded at night. *(See Part 3, page 12.)*

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- Is the bed the visual anchor when you walk into the room?** Stand in the doorway. If your eye lands on the dresser, the closet, or the TV before it lands on the bed, the bed is not in the right place. *(See Part 4, page 16.)*

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- Are the bedside surfaces symmetrical — or close to it?** A nightstand on one side and a stack of books on the other reads as *incomplete*. Two matching nightstands with two matching lamps is the single move that signals "designed bedroom." *(See Part 2, page 9.)*

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- Could you describe the bedroom in three textiles, or is it eight?** Count the distinct textiles on the bed and in the room: sheet, duvet, throw, pillows, rug, drapery, upholstery. More than five and the room is fighting itself. *(See Part 3, page 13.)*

## SCORE YOUR ROOM

Count the questions you cannot confidently answer yes to. **5/5:** the room is largely complete; jump to Part 3 for layering refinement. **3–4/5:** the anchors are working but the layers are incomplete — start at Part 3. **0–2/5:** the room needs a structural reset; start at Part 2 and work in order.

## — DIAGNOSTIC 02 • THE INVENTORY

# Eight elements. *Every great bedroom has all of them.*

Walk your bedroom. Mark each element present, undersized, or missing. The list is not a Pinterest checklist — it is the architecture of a finished, restful room. Missing elements are the next purchases. Undersized ones are the next replacements. Present and right-sized ones are the foundation.

## 01 The Bed

Queen minimum for adults; King when the room can hold it. The single largest visual element. *Most under-considered piece in most bedrooms.*

## 02 The Headboard

48–58 inches above the mattress. Frames the bed and signals the bed is the focal. *An unheadboarded bed reads as temporary.*

## 03 Two Nightstands

A matched pair, one on each side of the bed. *The single most decisive symmetry move in any bedroom.*

## 04 Two Bedside Lamps

A matching pair on the nightstands. Each casting a pool of light at seated reading height. *2700K bulbs; dimmable if possible.*

## 05 Window Treatment

Layered: blackout behind + linen or sheer in front. Rod 4–6 inches above the frame, extending 6–12 inches past. *Floor-length, never café.*

## 06 The Rug

75% under the bed, with 24+ inches of rug visible on each side. *The bedroom rug is not a runner — it is a landing pad for bare feet.*

## 07 A Seat or Bench

Chair, end-of-bed bench, or small chaise. The place clothes go before they are put away. *Without it, the floor becomes the chair.*

## 08 One Vertical Element

Art above the headboard, a tall mirror, or a vertical light fixture. *The piece that completes the eye line above the bed.*

### AFTER THE INVENTORY

Count present: \_\_\_ / 8 • Count undersized: \_\_\_ • Count missing: \_\_\_

Missing elements become Part 6 shopping list entries. Undersized elements become replacement priorities. Present-and-right-sized elements are the foundation — work outward from those.

## II The Anchors

BED • BEDSIDE • WINDOW

*Three structures determine whether the bedroom works. Everything else responds to them.*

The bed, the bedside pair, and the window are the three anchors of every bedroom. The bed is the focal — the visual center of the room and the literal center of every decision. The bedside pair is the symmetry — the matched nightstand-and-lamp arrangement that turns a furnished room into a designed one. The window is the light control — the layered treatment that makes the room sleepable at any hour. Get all three right and the bedroom is functionally complete. Get even one wrong and no amount of styling will rescue it.

### THE ORDER MATTERS

Anchors are addressed in this order for a reason. The bed determines the geometry of the room. The bedside pair obeys the bed's geometry. The window treatment finishes the room. Reverse the order — buy the curtains first — and you will end up with curtains that match a bed that is in the wrong place.

### The three anchor questions

- Is the bed the right size for the room, and is it in the right place?** See page 8 for the bed math.
- Are the bedside surfaces matched and equipped?** See page 9 for the bedside pair.
- Can the room be made completely dark?** See page 10 for the window treatment.

## — ANCHOR 01

# The bed is the room. *Get its size and position right first.*

The bed is the largest piece of furniture in most bedrooms and the only piece that has a non-negotiable function. Most bedrooms either oversize the bed (a King in a room that could only hold a Queen) or position it badly (against the only wall with a window, or pushed into a corner so one side has no walkway). The math below resolves both.

## 24"

### WALKWAY MINIMUM

**24 inches of clear floor on each side of the bed** — minimum for walking, making the bed, and reaching a nightstand. Less than 24 and one side becomes a dead side.

## 36"

### FOOT-OF-BED CLEARANCE

**36 inches between the foot of the bed and the next obstacle** — a dresser, a wall, a doorway. Less than 36 and the room reads as cramped regardless of size.

## 54"

### HEADBOARD HEIGHT

**48–58 inches from the floor to the top of the headboard** — tall enough to read against, low enough not to dominate the wall. *Headboards under 42 inches read as undersized.*

## The bed size table

BED SIZE	MATTRESS	MINIMUM ROOM (WITH 24-INCH WALKWAY BOTH SIDES)
Twin	38 × 75	9 × 9 — single sleeper, small room
Full / Double	54 × 75	10 × 10 — solo adult or smaller second bedroom
Queen	60 × 80	10 × 11 — the default for primary bedrooms
King	76 × 80	11 × 12 minimum, 12 × 14 ideal — the upgrade when the room can hold it
Cal King	72 × 84	11 × 13 minimum — for tall sleepers; trades width for length

### THE MOST COMMON BED MISTAKE

Buying the largest bed the room can hold — and losing the walkway. A Queen with 28 inches of walkway on each side is a better room than a King with 14 inches on each. **The bed serves the room, not the other way around.** When in doubt, size down.

## — ANCHOR 02

# Two nightstands. *Two lamps.* *Match them.*

The single most decisive move in bedroom design is the matched bedside pair. One nightstand reads as solo-sleeper temporary. Two mismatched nightstands read as "we were going to buy a second one." Two identical or intentionally matched nightstands with two matching lamps reads — instantly, regardless of style — as a designed room. The pair is the symmetry signal the brain interprets as "this room is finished."

## PERSON A · BEDSIDE

## Nightstand · Lamp · One Object

Nightstand at **24–28 inches tall** — within 2 inches of the mattress top. Lamp **22–26 inches tall** overall (base + shade), **2700K dimmable bulb**. One object — book, water carafe, small dish.  
*Three things, no more.*

## PERSON B · BEDSIDE

## Same Nightstand · Same Lamp · One Object

**Identical or intentionally matched nightstand.** Same lamp model or one in the same height + finish family. Same restraint on objects. *The asymmetry comes from what is on the surface, not from the surfaces themselves.*

## The rules of the pair

- Same height.** Both nightstands within 1 inch of each other in height. Different heights destroy symmetry instantly.
- Same scale.** Both within the same width range — 18–24 inches typical. A 30-inch nightstand and an 18-inch one will look unbalanced even if both are beautiful.
- Same lamp family.** Either identical lamps or two lamps that share *height + finish + shade material*. One brass lamp + one black lamp is not a pair — it is two lamps.
- One person, no compromise.** Solo sleepers still install both nightstands. The room is designed for the bedroom, not for the current occupant count. The empty side will not stay empty.

## WHEN YOU CANNOT MATCH EXACTLY

Buy the same nightstand twice. If the pair you love is sold out on one side, choose a different pair. *Mismatched is worse than ordinary.* A pair of plain wood nightstands is a better bedroom than two beautiful but different pieces. Symmetry is the discipline; uniqueness is the trap.

## — ANCHOR 03

# Layered. *Floor-length. Dark on demand.*

Window treatment is the anchor most bedrooms skip — and the one that does the most work. A bedroom that cannot be made completely dark is a bedroom whose primary function is compromised. A bedroom whose windows are bare or treated with a single sheer layer is a bedroom that broadcasts every car headlight and every sunrise into the sleep environment. The fix is the layered treatment: blackout behind, soft layer in front, floor-length and rod-extended.

## LAYER 1

### Blackout

**The functional layer.** Blackout panels or blinds behind the soft layer. Blocks light at 99%+.

*Non-negotiable for any room used for sleep.*

## LAYER 2

### Soft Layer

**The visible layer.** Linen or cotton drapery in front of the blackout. Softens the wall, adds vertical line, frames the window. Open during the day, closed at night.

## THE ROD

### High and Wide

**The architecture move.** Mount the rod **4–6 inches above the window frame** and extend it **6–12 inches past the frame on each side**. Makes the window read as taller and wider than it is.

## The four measurements that matter

- Floor-length.** Drapery should kiss the floor — hover ½ inch above for daily use, or pool 2–3 inches for a more dramatic look. *Never café-length. Never windowsill-length. Never above the floor.*
- Rod height.** 4–6 inches above the top of the window frame. The exception is low ceilings (under 8 feet) — then mount as close to the ceiling as possible.
- Rod width.** Extend the rod 6–12 inches past each side of the frame. This lets the open drapery sit on the wall rather than blocking glass.
- Fullness.** Drapery should have *2x the window width* in fabric so it gathers properly. Flat-hanging panels look like flags.

### RENTERS — BLACKOUT WITHOUT DRILLING

Tension rods inside the window frame for blackout panels. Velcro-mounted blackout liners. Adhesive blackout film for the glass itself. *The Rental Reset covers no-damage window treatments in detail — see Companion Products, page 25.*

# III The Layers

LIGHT · BEDDING · WALLS

*Anchors give you a functional bedroom. Layers give you a room that signals rest.*

After the bed is the right size and in the right place, the nightstands are matched, and the windows can go dark, the bedroom is structurally complete but visually incomplete. The layers are what take it from functional to rest-coded — the lighting that makes the room dim-able to candlelight, the bedding stack that turns a mattress into a destination, and the wall treatment that gives the bed somewhere to live. Part 3 is the three layers in execution order: light first, bedding second, walls third.

## THE TWO LAYERING MISTAKES

First — skipping the bedside lighting layer entirely and lighting the room only from the overhead. A bedroom lit by one ceiling fixture is a bedroom that broadcasts *wakefulness* at every hour. Second — pillow overload. Twelve pillows on a bed signal a furniture-store display, not sleep.

## The order of operations

- Lighting first.** Add the bedside lamps, replace the bulbs to 2700K, install a dimmer if possible. The room transforms before any textile changes.
- Bedding second.** The bedding stack — sheet, duvet, pillows, throw — built in layers under correct light.
- Walls last.** Art above the headboard, mirror, or paneled wall. Walls respond to the bedding palette — not the other way around.

## — LAYER 01 · THE BEDSIDE DISCIPLINE

# Three lights. *And one must be at bed level.*

A bedroom lit only by an overhead is a bedroom that lives in operating-room mode every evening. The fix is the three-source rule applied to the bedroom: ambient (the overhead, dimmable), task (the bedside lamps, one per side), and accent (a third source — a sconce, a small floor lamp, or a candle). The non-negotiable layer is task. The non-negotiable bulb temperature is 2700K. The non-negotiable feature is a dimmer.

## AMBIENT

### Overhead — Dimmable

**The functional layer.** Overhead fixture wired to a dimmer. Use for cleaning, dressing, finding what you dropped. *Never the only light source at night.*

## TASK

### Two Bedside Lamps

**The rest layer.** Lamp on each nightstand, same height, same family. Reading from the seated position should be comfortable with only the bedside lamps on. *This is the layer most bedrooms skip.*

## ACCENT

### Sconce · Lamp · Candle

**The atmosphere layer.** A sconce above a chair, a small floor lamp in a corner, or two candles in a tray on the dresser. *Optional in daylight; essential at night.*

## The night test

At 10pm, turn off the overhead. Light only the bedside lamps and any accent. Can you read in bed comfortably? Can you walk to the bathroom without bumping the dresser? Can you find your phone? If yes to all three, the layered lighting is doing its job. If you have to flip the overhead back on, the task or accent layer is missing — and the room is not yet finished.

## BULB COLOR TEMPERATURE

**Bedroom bulbs: 2700K or warmer.** 2400K is candlelit and ideal for bedside reading lamps. 2700K is warm white and works for ambient overheads. **Never daylight bulbs (4000K+) in a bedroom.** They suppress melatonin and your room will broadcast "cold office" at every hour.

## — LAYER 02 · THE FIVE-LAYER BUILD

# Five layers, never twelve. *The bedding stack is a discipline.*

The bedding stack is the layer most bedrooms overdo. Twelve decorative pillows you remove every night is not styling — it is theatre. The discipline is five layers, in order, each doing one job. A great bed can be made in 90 seconds; a great bed never requires the floor as a temporary holding zone for pillows.

## The five-layer build

- Layer 1 — Fitted sheet + flat sheet.** Cotton percale (crisp), cotton sateen (smooth), or linen (textured). 300–400 thread count maximum — anything higher is marketing.
- Layer 2 — Duvet with cover, or quilt + coverlet.** Down or down-alternative duvet in a washable cover. The duvet is the visual base — choose the cover before you choose any accent textile.
- Layer 3 — Sleeping pillows.** Two for a single sleeper, four for a couple (two per person). *These are the pillows that actually get slept on.*
- Layer 4 — Two Euro shams.** 26-inch square pillows behind the sleeping pillows. The visual back of the bed. *One pair, no more.*
- Layer 5 — One accent pillow OR one folded throw at the foot.** The single design gesture. *Choose one — never both.*

## The three-textile rule

Across all five bedding layers, use no more than **three textiles**: a smooth (linen, cotton sateen, percale), a textured (waffle, boucle, quilted), and an accent (velvet, silk, embroidered linen). Most beds look "busy" because they have six or seven textiles competing — duvet, sheet, two pillow sets, a throw, a coverlet, an accent pillow — each in a different fabric. Three textiles is the discipline. *The bed should be inviting to touch, not visually exhausting to look at.*

### THE 90-SECOND TEST

A great bed can be made in 90 seconds. If making your bed takes more than 90 seconds — because of pillow rearrangement, perfect-folding rituals, or daily styling — the stack is too complicated. *The bed you make every day is the bed you have. Design for that bed.*

## — LAYER 03 · THE HEADBOARD WALL

# The wall above the bed *is the only wall that matters.*

Most bedrooms put art on every available wall and miss the only one that defines the room. The wall above the bed is the bedroom's visual signature — it is what you see when you walk in, what frames the bed, and what reads as either "designed" or "uncommitted." The other walls in a bedroom can be quiet; this one cannot.

## 60%

### THE WIDTH RULE

Art above the bed should span at least **60% of the bed's width**. For a Queen, that is 36+ inches. For a King, 46+ inches. *Most bedroom art is too small.*

## 8"

### THE HEADBOARD GAP

Hang art **6–10 inches above the top of the headboard**. Higher and the piece floats; lower and it touches the headboard visually. *This gap is non-negotiable.*

## 3

### THE MAXIMUM PIECES

**One large piece is best; three is the maximum.** A trio of three identical-sized prints can work. A gallery wall of seven different sizes above the bed is chaos disguised as eclectic.

## When the headboard does the work

A tall upholstered headboard, a panel-wainscoted accent wall, or a fluted wood treatment behind the bed eliminates the need for art entirely. **If the headboard wall is already architectural, do not also add art** — the wall is the visual gesture. Layering art onto an already-decorated wall produces visual noise.

### THE OTHER WALLS

The wall opposite the bed (often the doorway wall) can hold a mirror — useful for dressing, expands light. The wall behind a chair or dresser can hold a vertical piece — leaning floor mirror, single tall artwork, vintage textile. *The wall over the dresser is the lowest-priority wall* — it competes with the dresser's surface objects and rarely wins. Empty over a dresser is often the right answer.

## IV The Layout

POSITION • SYMMETRY • ZONES

*Three layout decisions determine whether the bedroom feels designed or assembled. Make them on purpose.*

Most bedrooms are laid out by accident — the bed went on the wall the previous tenant put theirs on, the dresser went where the closet wasn't, and the chair landed wherever there was space left. The result is a room that functions but does not signal rest. The fix is three decisions: where the bed goes, how the symmetry is built around it, and how the room's zones (sleep, storage, dressing) are organized so they do not bleed into each other.

### THE TWO LAYOUT MISTAKES

First — putting the bed against the only wall with a window, because all the other walls have closet doors or radiators. Second — letting the dresser, the desk, or a TV cabinet compete with the bed for visual weight. The bed should win the doorway view every time.

### The order to address layout

- Choose the headboard wall.** Which wall best supports the bed as the focal? See page 16.
- Build symmetry around the bed.** Matched nightstands, matched lamps, balanced wall treatment. See page 17.
- Define the zones.** Sleep, storage, dressing — each with its own square footage. See page 17.

## — LAYOUT 01 • THE HEADBOARD WALL

# The bed obeys the wall. *Choose the wall first.*

Most bedrooms make the bed-position decision unconsciously — the bed goes wherever the previous bed was, or wherever the wall is longest, or wherever the closet is not. The bedroom that signals rest makes the decision on purpose: it identifies the best wall for the headboard, and the rest of the room responds to that decision.

WALL	WHEN IT WORKS	WHEN IT FAILS
The wall opposite the door	<b>The default choice.</b> Bed is the first thing the eye lands on. Both sides have walkway. The room reads as designed.	When the wall is interrupted by a closet door, radiator, or window directly behind the bed.
The longest unbroken wall	<b>The secondary choice.</b> When the opposite-door wall is broken up, the longest clear wall takes the bed. Both nightstands can be added.	When the longest wall is also the window wall — bed in front of windows compromises light control.
The window wall	<b>Only as last resort.</b> When no other wall accommodates the bed plus two nightstands.	Almost always. Blocks light control, requires thicker drapery, often forces the bed off-center.
A corner placement	Almost never. Used only in tiny rooms or under sloped ceilings where one side of the bed must abut a wall.	Eliminates one nightstand and one walkway. The room reads as compromised by default.

## The doorway test

**Stand in the doorway with the bed in its proposed position.** What is the first thing you see? If the answer is the bed — headboard centered, both nightstands visible, the room composed around it — the position is right. If the answer is the dresser, the closet, the TV, or the side of the bed, the bed is in the wrong place. *The bed has to win the doorway view, every time.*

### THE 12-INCH RULE FOR WINDOWS

If the bed must go on a wall with a window above the headboard, the bottom of the window should be **at least 12 inches above the top of the headboard.** Less than 12 inches and the window and headboard fight for the same horizontal line — the room reads as visually scrambled. If 12 inches is not available, the bed belongs on a different wall.

## — LAYOUT 02 · THE GEOMETRY OF REST

# Symmetry around the bed.

## *Zones around the room.*

Symmetry is the layout signal that signals "this is the focal." Zones are the layout discipline that keeps the bedroom from becoming a single cluttered room serving four functions. Both are layout decisions — neither requires buying anything new.

### Symmetry around the bed

- Centered headboard.** The bed sits in the exact center of its wall — equal distance from each side wall. Off-center beds read as accidental.

---

- Matched nightstands at equal distance.** Both nightstands the same distance from the bed's edge. 4–6 inches typical.

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- Matched lamps at equal height.** The bottoms of the lampshades within 1 inch of each other across the bed.

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- Balanced wall treatment.** Art above the bed centered on the headboard. Sconces, if used, equidistant from the headboard centerline.

### The bedroom zones

A well-functioning bedroom has three zones: **sleep** (the bed and its immediate footprint), **storage** (the dresser, closet, and any built-ins), and **dressing** (a seat, a mirror, a small surface for keys or jewelry). The zones do not need walls between them — they need geometric separation. The dresser does not abut the bed; the chair does not block the closet; the mirror is on a wall that gives standing room. When two zones collide — the dresser in the foot-of-bed walkway, the chair piled with clothes from the dressing zone — the room reads as cluttered regardless of how clean it is.

#### THE FOOT-OF-BED DISCIPLINE

The 36-inch clearance at the foot of the bed is sacred. **Do not place a dresser, ottoman, bench, or chair in that 36-inch zone** unless it sits low (under 22 inches) and clears the bed visually. An end-of-bed bench is permitted because it visually extends the bed. A 5-foot tall dresser in the foot-of-bed walkway is the most common bedroom layout failure.

# V The Mistakes

DIAGNOSTIC + HIERARCHY OF FIXES

*Twelve errors and the order to fix them. Most bedrooms are two weekends away from rest-coded.*

The Bedroom Codex has now given you the system. Part 5 is the troubleshooting guide — the twelve most common bedroom mistakes and the hierarchy of fixes that prioritizes which to address first. Most failing bedrooms are not failing because of one major problem. They are failing because of three or four small ones — each easy to identify, each easy to fix, and almost none of them ever fixed because nobody named them.

## HOW TO USE THIS SECTION

Run the 12-mistakes list on page 19 against your bedroom. Mark every mistake present. Then apply the hierarchy of fixes on page 20 — which prioritizes which mistake to address first based on impact-to-cost ratio. The first three tiers are free or near-free — bulbs, layout, symmetry. The largest visible upgrades in any bedroom happen in those three tiers.

## — THE DIAGNOSTIC LIST

# Twelve mistakes that *break bedrooms every time.*

**Only overhead lighting.**

*Fix: Add two bedside lamps, same height, same lamp family. 2700K bulbs. Install a dimmer on the overhead. Three sources, never one.*

---

**No blackout layer on the windows.**

*Fix: Install blackout panels or blinds behind the soft layer. A bedroom that cannot be made fully dark is not yet a bedroom.*

---

**One nightstand instead of two.**

*Fix: Buy the second nightstand even if you sleep alone. Match the first one exactly. Symmetry is the signal.*

---

**Mismatched nightstands.**

*Fix: Replace one — or both — so the pair matches in height, width, and finish. Mismatched is worse than ordinary.*

---

**Bed pushed against a wall on one side.**

*Fix: Pull the bed off the wall so both sides have 24-inch walkway minimum. One-side beds eliminate symmetry and a nightstand.*

---

**Headboard too short — or no headboard at all.**

*Fix: Headboard 48–58 inches above the mattress. An unheadboarded bed reads as temporary regardless of bedding quality.*

---

**Drapery too short or too narrow.**

*Fix: Floor-length drapery, rod mounted 4–6 inches above the frame and 6–12 inches past each side. Café curtains belong in kitchens.*

---

**Pillow overload.**

*Fix: Five-layer stack — sleeping pillows + Euro shams + one accent. Eight or twelve pillows broadcast "furniture store," not "designed bed."*

---

**Cold/blue bulbs in bedside lamps.**

*Fix: Replace every bulb in the room with 2700K warm white. 2400K for bedside reading lamps if dimmable. Never 4000K+.*

---

**Rug too small or no rug at all.**

*Fix: Rug extends at least 24 inches past each side of the bed. Hard floors with no rug make the bedroom feel cold underfoot from October to April.*

---

**Dresser in the foot-of-bed walkway.**

*Fix: Move the dresser to a wall that does not compete with the bed's footprint. Foot-of-bed gets a low bench, an ottoman, or empty floor.*

---

**Art above the bed too small or too high.**

*Fix: One piece at 60% of the bed's width, hung 6–10 inches above the headboard. Small art floating high is the most common bedroom art mistake.*

---

## — THE ORDER TO ADDRESS THEM

# Fix in this order. *Each step earns the next.*

The hierarchy ranks bedroom fixes by impact-to-effort ratio. The earliest fixes are free or near-free and produce the largest visible change. The later fixes are larger purchases producing more subtle refinement. **Do not skip to the bottom.** A new bed cannot fix a room with bad lighting, no blackouts, and asymmetric nightstands.

TIER	FIX	COST	TIME
1	<b>Replace every bulb.</b> Every bulb in the room to 2700K warm white. Install a dimmer on the overhead if possible.	\$30–60	30 min
2	<b>Move the bed.</b> Center it on the best wall. Pull off any side wall to restore walkway symmetry.	\$0	1 hour
3	<b>Install the second nightstand.</b> Buy a matching pair if needed. Symmetrize the lamps too.	\$120–300	3 days
4	<b>Add the blackout layer.</b> Blackout panels or roller blinds behind any soft drapery.	\$60–150	1 week
5	<b>Upgrade the rug.</b> Replace any small rug with one that extends 24 inches past each side of the bed.	\$150–400	3 days
6	<b>Edit the bedding stack.</b> Five layers, three textiles. Donate the rest.	\$0–120	1 hour
7	<b>Replace short drapery.</b> Floor-length, high-mounted, wide rod. Linen or cotton.	\$80–200	1 week
8	<b>Hang art above the bed at the right scale.</b> One piece, 60% of bed width, 6–10 inches above headboard.	\$100–300	1 week
9	<b>Add a sitting element.</b> End-of-bed bench, reading chair, or small ottoman. Eliminates the floor-as-chair problem.	\$120–400	2 weeks
10	<b>Replace the headboard or the bed frame.</b> <i>Only after tiers 1–9 are complete.</i> The room will tell you which bed it can support.	\$300–1,500	1–3 months

## STOP WHEN THE ROOM WORKS

Most bedrooms do not need to complete all ten tiers. The first four — bulbs, bed position, second nightstand, blackout — fix 80% of failing bedrooms. Run those, then re-take the diagnostic on page 5. If the room scores 4/5 or 5/5, stop. The remaining tiers are refinement, not rescue.

## VI The Resource Vault

SHOPPING · SPRINT · WORKSHEET

*Every worksheet, list, and sprint from the codex — formatted to print, fill in, and post. Pages 22–25.*

The Resource Vault turns the Bedroom Codex into a working system. The shopping list is the priority-ranked purchase order with affiliate links. The 14-Day Sprint is the day-by-day execution plan. The Audit Worksheet is the printable diagnostic. Print all three and run them in sequence.

PAGE	RESOURCE	USE
22	The Master Shopping List	Priority-ranked bedroom purchases with affiliate links — start at the top.
23	The 14-Day Bedroom Sprint	Day-by-day execution plan from diagnostic to finished room.
24	The Bedroom Audit Worksheet	Printable diagnostic and inventory — one page, full assessment.
25	Companion Products	What to read next in the DecorDreamr library.

## — QUICK-LINK SHOPPING · BEDROOM PRIORITY ORDER

# The bedroom *shopping list.*

Items are ordered by the hierarchy-of-fixes priority. Replace bulbs and install the second nightstand before buying new bedding. Add blackouts before art. Each item links to a curated Amazon search using the DecorDreamr affiliate tag.

#	ITEM	USE	BUDGET	LINK
1	2700K Warm White Bulbs (4-pack)	Replace every bulb in the room — instant atmosphere upgrade	\$15–25	<a href="#">Shop →</a>
2	Plug-In Dimmer Module	Adds dimming to any lamp — bedside reading control	\$15–30	<a href="#">Shop →</a>
3	Matching Nightstand Pair	The symmetry move — buy two identical, not one	\$160–400	<a href="#">Shop →</a>
4	Matching Table Lamp Pair	Bedside lighting — same height, same shade, 2700K bulb-ready	\$70–180	<a href="#">Shop →</a>
5	Blackout Curtain Panels (set of 2)	The blackout layer behind soft drapery — the sleep-quality fix	\$40–90	<a href="#">Shop →</a>
6	Linen Curtain Panels (floor-length)	The soft drapery layer in front of blackouts	\$50–130	<a href="#">Shop →</a>
7	Extended Curtain Rod (72" or wider)	Mount 4–6 inches above frame, extends 6–12 inches past each side	\$25–60	<a href="#">Shop →</a>
8	Bedroom Rug (8×10 or 9×12)	The landing pad — 24+ inches of rug visible on each side of bed	\$150–400	<a href="#">Shop →</a>
9	Linen or Cotton Duvet Cover Set	The base bedding layer — choose this before any accent textile	\$60–140	<a href="#">Shop →</a>
10	Cotton Percale Sheet Set	The sleeping layer — 300–400 thread count, crisp finish	\$50–110	<a href="#">Shop →</a>
11	Euro Sham Pair (26" square)	The visual back of the bed — one matched pair	\$30–70	<a href="#">Shop →</a>
12	Wool or Linen Throw Blanket	One throw, casually folded at the foot of the bed	\$35–85	<a href="#">Shop →</a>
13	Upholstered Headboard (Queen/King)	Bed frame upgrade — 48–58 inches tall, neutral fabric	\$180–500	<a href="#">Shop →</a>
14	End-of-Bed Bench	The dressing-zone surface — replaces the floor as clothes drop	\$120–280	<a href="#">Shop →</a>
15	Large Wall Art (36–60 inch piece)	Above the headboard — the 60% rule, one big piece	\$80–280	<a href="#">Shop →</a>
16	Full-Length Floor Mirror	Dressing-zone tool — leans against an unused wall	\$70–160	<a href="#">Shop →</a>

## — PRINTABLE · DAY-BY-DAY ACTION PLAN

# The 14-Day *Bedroom Sprint*.

Two weeks from diagnostic to finished room. Print this page. Cross off each day as the task is complete. The sprint assumes a room that scored 0–3 on the Bedroom Test on page 5; rooms that scored higher can compress days 1–5 or skip directly to days 8–14.

DAY	THE WORK	DONE
Day 1	<b>Run the diagnostic.</b> Walk the bedroom with the page-5 test and the page-19 mistakes list. Mark every flag. <i>Assessment only — no purchases yet.</i>	<input type="checkbox"/>
Day 2	<b>Replace every bulb.</b> Source 2700K warm white bulbs for every lamp and overhead. Add a plug-in dimmer to at least one bedside lamp.	<input type="checkbox"/>
Day 3	<b>Move the bed.</b> Position it on the best wall — centered, both sides clear, walkway 24 inches minimum each side. Walk into the room from the doorway and confirm the bed wins the view.	<input type="checkbox"/>
Day 4	<b>Order the second nightstand (or both).</b> Match the existing one — or replace both with a matching pair. Same height, same finish, same family.	<input type="checkbox"/>
Day 5	<b>Audit the dresser position.</b> Move it out of the foot-of-bed walkway. Restore the 36-inch clearance at the foot of the bed.	<input type="checkbox"/>
Day 6	<b>Order blackout panels.</b> The blackout layer behind any existing drapery. The sleep-quality fix — no other fix earns more per dollar.	<input type="checkbox"/>
Day 7	<b>Symmetrize the lamps.</b> Install matched bedside lamps. Same height, same shade family. Same 2700K bulbs.	<input type="checkbox"/>
Day 8	<b>Edit the bedding stack.</b> Strip the bed completely. Rebuild with the five-layer stack — sheet + duvet + sleeping pillows + Euro shams + one accent. Donate or store the rest.	<input type="checkbox"/>
Day 9	<b>Audit the textiles.</b> Count distinct textiles in the room — duvet, sheet, throw, drapery, rug, upholstery. Edit to three. Store or replace what doesn't fit the three-textile rule.	<input type="checkbox"/>
Day 10	<b>Install the soft drapery and the extended rod.</b> Floor-length, mounted high, extended wide. Open by day, closed at night.	<input type="checkbox"/>
Day 11	<b>Resize or add the rug.</b> Install a rug that extends 24+ inches past each side of the bed. Cold floors are a sleep-environment failure.	<input type="checkbox"/>
Day 12	<b>Hang art above the bed at the right scale.</b> One piece, 60% of bed width, 6–10 inches above the headboard. Re-hang anything too high or too small.	<input type="checkbox"/>
Day 13	<b>Re-run the diagnostic.</b> Re-take the page-5 test. Score the room. If 4–5/5, the sprint is complete. If still 0–3, identify which tier from the hierarchy of fixes (page 20) is unaddressed.	<input type="checkbox"/>
Day 14	<b>The Night Test.</b> At 10pm, with the bedside lamps on and the overhead off, lie in bed. The room you are in now was designed — by you, for sleep, on purpose. <i>That is the codex.</i>	<input type="checkbox"/>

— PRINTABLE · ONE-PAGE DIAGNOSTIC

# The Bedroom *Audit Worksheet.*

Print this page. Walk your bedroom with a pen, once in daylight and once at night. Score and inventory in 15 minutes. The completed sheet is your starting brief for the 14-Day Sprint.

## The Bedroom Test (page 5)

QUESTION	Y / N / UNSURE
1. Can you make the room completely dark?	<input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> ?
2. Can you read in bed without the overhead?	<input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> ?
3. Is the bed the visual anchor from the doorway?	<input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> ?
4. Are the bedside surfaces symmetrical?	<input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> ?
5. Three textile families maximum?	<input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> ?

SCORE: \_\_\_ / 5 · 5 = REFINEMENT ONLY · 3-4 = LAYERING WORK · 0-2 = STRUCTURAL RESET (START PART 2)

## The Eight Anatomy Elements (page 6)

ELEMENT	PRESENT / UNDERSIZED / MISSING
1. The Bed	<input type="checkbox"/> P <input type="checkbox"/> U <input type="checkbox"/> M
2. The Headboard	<input type="checkbox"/> P <input type="checkbox"/> U <input type="checkbox"/> M
3. Two Nightstands	<input type="checkbox"/> P <input type="checkbox"/> U <input type="checkbox"/> M
4. Two Bedside Lamps	<input type="checkbox"/> P <input type="checkbox"/> U <input type="checkbox"/> M
5. Window Treatment (layered)	<input type="checkbox"/> P <input type="checkbox"/> U <input type="checkbox"/> M
6. The Rug	<input type="checkbox"/> P <input type="checkbox"/> U <input type="checkbox"/> M
7. A Seat or Bench	<input type="checkbox"/> P <input type="checkbox"/> U <input type="checkbox"/> M
8. One Vertical Element	<input type="checkbox"/> P <input type="checkbox"/> U <input type="checkbox"/> M

MISSING → SHOPPING LIST (PAGE 22) · UNDERSIZED → REPLACE NEXT · PRESENT → KEEP, WORK OUTWARD

TOP THREE PRIORITIES (FROM THE HIERARCHY OF FIXES · PAGE 20)

Priority 1: \_\_\_\_\_ · Priority 2: \_\_\_\_\_ · Priority 3:

\_\_\_\_\_

## — THE DECORDREAMR LIBRARY

# One room, designed for rest.

## *Now do the others.*

The Bedroom Codex is the second volume in the Room Codex series. The first — the Living Room Codex — applies the same discipline to the most public room in the home. The remaining four codexes complete the library. If the bedroom is a shared bedroom, pair this codex with The Roommate Reset. If the home is rented, The Rental Reset addresses no-damage window treatments, wall art, and headboard mounting. Each book in the library addresses a different axis; together they cover every room and every constraint.

### The Living Room Codex

VOL. 07 · ROOM CODEX · \$17

The first Room Codex. Anatomy, anchors, layers, layout — same discipline, applied to the most public room. *The natural companion to this one.*

### The Roommate Reset

VOL. 06 · CONSTRAINT BOOK · \$22

If the bedroom is shared, the Zone System, 4+4 threshold, and shared-aesthetic framework solve the design-with-someone-else problem. *Pairs directly with this codex.*

### The Rental Reset

VOL. 01 · CONSTRAINT BOOK · \$27

The ownership-constraint book. Damage-free curtain rod mounting, headboard alternatives, and wall art that lifts off the wall on move-out. *Apply this codex inside the constraints of that one.*

### ÆTHER

THE MASTERCLASS · \$19

The flagship DecorDreamr program. Atmosphere, mood, and the full design language. *Read after the rooms are right.*

#### THE ROOM CODEX SERIES — \$59 FOR ALL SIX (COMING)

Six Room Codexes — Living Room, Bedroom, Kitchen, Bathroom, Home Office, Entryway. Each \$17 standalone. The full six-book series bundles at \$59 — save \$43. [decordreamr.com/product/the-six-room-collection/](https://decordreamr.com/product/the-six-room-collection/)

#### THE FULL RENTAL STACK — \$49

The Rental Reset + Budget Decor Blueprint + Small Space Codex. If you rent and the bedroom is also small, the stack is the foundation. [decordreamr.com/product/the-full-rental-stack/](https://decordreamr.com/product/the-full-rental-stack/)

## — THE RESULT

# One room. *Designed for rest.* Every night.

*The bulbs are warm. The bed is centered. The nightstands match. The room can go dark on demand. The bedding is five layers, not twelve. The art is at the right height above the headboard. The room is no longer a room you sleep in. It is a room you designed for sleep — and the difference is something your body recognizes before your eyes do.*

## 01

### THE ANATOMY

Eight elements, every great bedroom has all of them. The diagnostic is the first move.

## 03

### THE LAYERS

Three lights, five bedding layers, one large piece of art. The room reads as finished.

## 02

### THE ANCHORS

Bed, bedside pair, window. Three structures determine whether the room works.

## 04

### THE LAYOUT

Centered headboard, symmetric bedside, separated zones. The geometry of rest.

### *What to read next:*

**The Six-Room Collection (\$59)** — all six Room Codexes  
[decordreamr.com/product/the-six-room-collection/](https://decordreamr.com/product/the-six-room-collection/)

**ÆTHER (\$19)** — the flagship masterclass beyond codexes  
[decordreamr.com/product/aether/](https://decordreamr.com/product/aether/)

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