

Tidy Home: Bedroom Organization Tips

The 6 best ways to keep your bedroom ordered and restful

By Tina Koenig

The messy bedroom is often the trademark of a child or teenager but adults are guilty too. But an orderly bedroom creates a sanctuary that helps ensure a good night's rest.

When our surroundings are clean, uncluttered and well-organized, we tend to be more productive as well as calm in our lives as well. Arrange things in their rightful place, from the closet to the dresser, to reduce visual stress. These six tips will tame the chaos a little bit at a time.

1) Tackle the toughest place first: The Closet

If you can't see the floor of your closet then it's probably time to throw out unworn clothing and shoes. The general rule is if you have not worn an item in a year it's time to consider donating it to a local charity or have a rummage sale. Next, sort your scarves, belts and purses with hanging organizers and hooks. The objective is to be able to easily find items when you need it. To prevent misshapen handbag straps, use decorative purse bins. Box any miscellaneous items in neutral or pretty containers but just be sure to label everything. Though not as attractive, a modular set of clear plastic drawers may be used for items that don't hang well such as an evening wrap. Place all items within easy reach. Slim non-slip hangers maximize space and ensure items don't fall to the floor.

2) Keep night tables and dressing bureaus uncluttered

The rule of three applies here as it does with other furniture surfaces. The only items you need on a nightstand are a light, alarm clock and a catch-all tray for keys, eyeglasses and night cream. If you read in bed, keep a book within reach too. Gather all

other reading material, CDs and DVDs that are on your nightstand or bureau and put them in alphabetical order on a book case or invest in shelves.

Owning a nightstand that contains more than one drawer means clutter can be placed out of sight. Notepaper for taking messages and other items can be placed in compartmentalized drawers for easy access in the dark. To curb the mess on your vanity or dresser, choose acrylic makeup organizers and other non-plastic containers with sections for style items that get hot such as hair dryers and flat irons. New accessory holders are designed to hang on towel racks when flat surfaces are limited.

3) What's under your bed?

When you were a child, monsters hid under the bed. Now, space under the bed is a prized commodity. De-clutter by creating an under-bed storage system. Long boxes or blanket bags with or without wheels are easy to open and allow storage of oversized items. Under-bed shoe organizers with dividers are the perfect tool to hide away out-of-season shoes. In fact, any items that switch from season to season are the first things that can be assigned for under-bed storage.

4) Don't overdo pillows and bedding

Raise your hand if you make the bed every day. We didn't think so! But admittedly, a neat bed sets the tone of the room. While lots of pillows and layers of pretty linens look great in decorator magazines they turn into clutter when tossed aside for sleeping. A trunk or storage chest at the foot of the bed can serve as a storage unit for pillows and blankets. It's a bit more housekeeping but your room will look neat and tidy when you rise in the morning.

5) Sort and customize

Before going into battle against clutter, it is important to have a strategy. Sort items by size, style and color. If you are new to organizing, experts suggest dividing drawers and spaces into equal quadrants to get started. Next, measure closets, floor space and drawer interiors and draw a quick layout before shopping. Linen or mesh inserts are

great for separating drawer contents, but for bulky items (or extra-large drawers), look for extendable plastic dividers. If you store items out-of-reach on a high shelf in the closet, invest in a garment hook and foldable 2-step ladder to store under the bed.

6) Be patient and give rewards

Don't get overwhelmed. Decide how you want to confront clutter. The best way to keep your room tidy and not let clutter take over your bedroom is to spend a few minutes each day to put things away, hang up clothes and toss things out. Remember, your best friend when dealing with paper clutter is the rubbish bin. Stay on top of the mess. It will make cleaning easier too. Set an example and reward your kids for keeping their room tidy too. When not searching some something in a pile, you will have more time to read, rest and enjoy your sanctuary.