

A bedroom interior featuring a bed with white linens and a patterned throw, a wooden bench with white cushions, and framed artwork on the wall. The scene is overlaid with a semi-transparent white box containing text.

PERFORMANCE  
INTERIOR DESIGN  
*sleep hygiene*

Creating spaces that support rest,  
wellbeing, & everyday life.

KMCC  
DESIGN CO.

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A bedroom scene with a bed, a framed picture on the wall, and a nightstand with a lamp and plant.

”

“Real comfort visual  
and physical is vital  
to every room.”

**Mark Hampton**

# Why Sleep-Centered Design Matters:

In today's world, quality sleep is a non-negotiable foundation for living well. Yet, so often, our bedrooms—the spaces meant to support rest—end up as afterthoughts in our homes.

Performance interior design looks beyond aesthetics to focus on how your environment can actively support your physical and emotional wellbeing.

A thoughtfully designed bedroom doesn't just look beautiful—it helps you sleep better, recover faster, and feel more grounded every day.

At KMCC, we believe every design decision should contribute to how your home feels—and that includes creating the perfect conditions for deep, restorative sleep.

**YOUR SPACE SHOULD  
HELP YOU REST, NOT  
DISTRACT YOU FROM IT.**

# Understanding Sleep Hygiene

Sleep hygiene is about more than your bedtime routine—it's about the environment you create to support healthy, uninterrupted sleep.

Good sleep hygiene includes habits and environmental choices that promote quality rest:

- A calm, clutter-free bedroom
- Controlled lighting and temperature
- Comfortable bedding and furnishings
- A screen-free sleep zone

## Why it matters:

Sleep affects every aspect of health—from immune function to mental clarity to emotional resilience.

By designing intentionally, you're setting yourself up not just for better nights, but for better days.



# DESIGN CHOICES THAT SUPPORT SLEEP

*The way your bedroom is designed can either encourage deep rest or subtly disrupt it. Small adjustments to layout, color, comfort, and technology placement can transform your room into a true retreat.*

**Layout Matters:** Arrange your bed and furniture to create open flow and easy movement. A clear path to the bed signals the brain it's time to rest.

**Color Sets the Tone:** Cool, muted tones (soft blues, greens, taupes) naturally lower heart rate and calm the mind.

**Comfort Is Key:** Invest in a bed that feels inviting, and layer it with cozy, breathable bedding that makes you want to unwind.

**Tech Boundaries:** Blue light from devices suppresses melatonin. Keep screens and chargers away from the bed—or even better, out of the room entirely.

# Setting Up Your Space for Rest

## Furniture Placement:

- Position your bed where it feels protected but open (typically opposite the door but not in line with it).
- Maximize natural light without sacrificing privacy.
- Avoid crowding your room with too much furniture; open space supports open minds.

## Mattress + Bed Size:

- Choose a mattress that truly fits your sleep needs—not just aesthetically, but in comfort and support.
- Scale your bed to your room: too small and it feels insignificant, too large and it dominates the energy.

## Lighting:

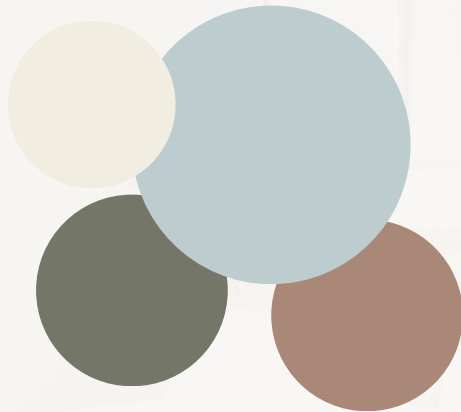
- Install warm, dimmable bedside lamps
- Use blackout curtains to block external light for better melatonin production and temperature regulation.

***KMCC Tip:** Smart bulbs like [Philips Hue Lights](#) let you program lighting to shift naturally with your day.*

# COLOR SCHEMES THAT PROMOTE CALM

**Color impacts your nervous system.  
It's that simple—and that powerful.**

*Cool colors like dusty blues and soft greens physically lower blood pressure and heart rate, priming your body for deep rest. Warm neutrals like taupe, ivory, and soft clay tones create a cocoon-like feeling without heaviness.*



## **Best Restful Colors:**

- Dusty Blue
- Sage Green
- Warm Ivory
- Muted Clay

*When layering colors, stick to tones found in nature.  
Balance one dominant restful color with subtle  
accents in textiles and decor.*

## **Recommended Product:**

Sherwin Williams SuperPaint—low-VOC, available in 1,700+ hues, perfect for creating healthy, calming interiors.

If you're open to a less mainstream option, Alkemis' carries all-natural, non-toxic high performance paints.

# DESIGN BRINGING THE OUTDOORS IN

## ***Nature nurtures.***

*Bringing organic elements inside creates subconscious signals that relax the nervous system.*

### **Incorporate:**

- Plants: Snake plants, lavender, pothos —easy care, air-cleaning beauties.
- Materials: Wood, cotton, jute, wool, stone accents
- Textures: Layer soft throws, woven baskets, linen drapes

***KMCC Tip:*** *Even one live plant in your bedroom can dramatically shift the energy.*



***Small touches = major impact.***

# Technology and Sleep: Finding Balance

Tech has its place—but not always in the bedroom.

## **To protect your natural sleep rhythms:**

- Set a device curfew one hour before bed.
- Physically move chargers and screens to a different room if possible.
- Use smart lighting systems like Philips Hue to gradually dim your environment after sunset.

**KMCC Tip:** *If eliminating screens isn't possible (real life happens!), opt for blue light-blocking glasses to minimize disruption. The goal isn't perfection—it's mindfulness. Creating distance from technology helps your body—and mind—truly unwind.*



# 5 Essentials for a Restful Bedroom



## CLEAR THE CLUTTER

Visual clutter leads to mental clutter. A tidy room promotes relaxation at night. Use stylish storage options like baskets and shelves to stay organized while maintaining design.



## CONTROL THE LIGHTING

Install dimmable lighting or warm-tone bulbs to naturally ease your body into sleep mode. Avoid harsh overhead fluorescents in your primary rest spaces.



## PURIFY YOUR AIR

Cleaner air = better sleep. We recommend something like the [Blue Air purifiers](#) for bedrooms, living rooms, and home offices to reduce allergens and dust without disrupting your space's design.



## CHOOSE NATURAL TEXTILES

Organic cotton, linen, and wool are attractive, breathable, and provide comfort. It's best to avoid synthetics that retain heat or release chemicals over time.



## CHOOSE CALMING COLORS

Soft blues, muted greens, and earthy neutrals promote a physical and emotional sense of calm. Think nature-inspired.

# READY TO REFRESH YOUR BEDROOM?

A well-designed bedroom isn't just beautiful—it's a tool for better rest, better health, and a better everyday life.

If you're ready to refresh your space with thoughtful, wellness-centered design, KMCC is here to help.

*book a consult*

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