

Things that make a bedroom cluttered and waste space.

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Creating a stylish and relaxing bedroom starts with the basics—a comfortable, high-quality mattress, luxurious bedding, and cozy pillows. Then, it's all about designing a space that reflects your personal aesthetic. But if your bedroom is making you feel stressed or overwhelmed, the solution might not be to add more things—instead, it could be to remove items that no longer serve you. Here are some things that might be cluttering your bedroom and creating a low-quality space.

Exercise equipment that you don't use.

Bedrooms are for rest, so they shouldn't double as gyms. But if you live in a small house, bedrooms might need to serve multiple purposes. However, if that treadmill or bike is never used, then it has to belong somewhere else. It's time to get rid of that treadmill piled high with clothes. It's not a closet. Piles of clothes on the treadmill, bike, or even the bench signal procrastinating decisions and add to stress.

So, move those things to another room, put them away, or consider selling them if you mainly train elsewhere.

Items that are no longer worn.

A cluttered wardrobe can turn your bedroom into a stressful space, so regular decluttering is essential. Getting rid of unused or damaged accessories is also crucial. Jewelry, belts, and handbags that are never worn or are broken take up space and can cause fatigue when you have to make decisions each morning. Be honest with yourself about what you should keep, donate, or throw away.

Items belonging to another room.

This is a common habit for many people. Bedrooms often become dumping grounds for things that don't belong to them, such as old receipts, papers, gym bags, or random household items. It's time to put those things in their proper place. Take a few minutes each day to put things back in their proper place if you don't want your bedroom to become cluttered.



Power bank

Most of us charge our phones overnight next to our beds. This is a practical option since they also function as alarm clocks. But do you need to charge your laptop, headphones, and tablet on your bedside table? Probably not. All those wires are prone to getting tangled and messy.

The bedroom should be a sanctuary from the outside world, not an extension of the office. Reduce screen time and replace bedside chargers with discreetly hidden charging drawers or unplug them entirely for a more restorative space.

Too many decorative pillows

Two or three decorative pillows can add color and pattern to a bedroom, but most of us don't need seven. More isn't always better when it comes to this accessory. While layering creates comfort, too many pillows can make the bed look cluttered instead of appealing.



Bulky lights

Lighting can greatly impact the atmosphere of a space, and this is especially important in a bedroom. But it's not just the lighting that matters—you should also pay attention to the furnishings themselves and how they contribute to the overall feel of your bedroom. Bedside lamps are simply too bulky. Instead, use pendant and wall-mounted lights for a sleek look while freeing up valuable space on the bedside table.

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