

LIVING IN ONE ROOM: STRUCTURING YOUR SPACE

Creating a space where you are able to separate work from leisure can help you sleep better, be more productive, and relax!



Reserve your bed for sleep and intimacy only

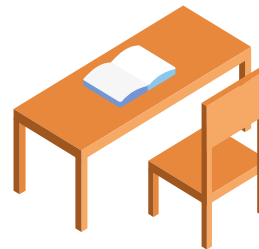
Pick pillows, bedding, and a mattress topper that are comfortable

Keep electronic devices away from your bed

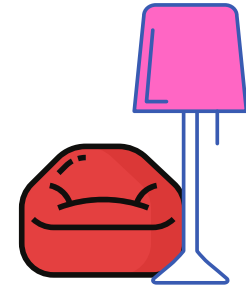
When sleeping, make sure the room is dark and cool

Reserve your desk for doing work and put your work in a drawer or cover it when you're not working

Take regular breaks when studying to stretch your legs and take a break from screens



Learn how to create a sleep sanctuary!



Create a "fun space" in your room where you can relax and engage in your hobbies

Invest in a bean bag chair or fuzzy rug to make hanging out in your room more fun and comfortable

Designate a space in your room devoted to eating meals and snacks

Sources:

Create a sleep sanctuary [Corrected 09/12/2019]: Reducing noise, light and stress are keys - ProQuest. (n.d.). Retrieved September 29, 2020, from <https://search.proquest.com/docview/2288589077?pq-origsite=summont>
Sitting at your desk doesn't have to be a pain in the neck. (n.d.). Mayo Clinic. Retrieved September 29, 2020, from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sitting-at-your-desk-doesnt-have-to-be-a-pain-in-the-neck/art-20269947>