



Part 4: Find a place to relax by organizing your bedroom

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Now that you have created your sanctuary, take steps to maintain it.
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In Parts 1-3 of this series, you sorted through the clutter in your bedroom, gave the room a thorough cleaning, and organized all the things you decided to keep. The final step will help you form habits that keep your bedroom the sanctuary you have created.

MAINTAIN

If you haven't already developed some of the habits listed below, it will take a little time - estimate a couple of weeks - before they feel natural to you.

1. Make your bed every day, as soon after you get up as possible. This simple habit gives the whole room an organized appearance.
2. Open the drapes (or shutters or blinds) to let in the light - you'll see better, and the brightened room will lift your spirits.
3. At the end of each day, as you change your clothes, hang them up or place them in a laundry basket. Leaving them in a heap on the floor creates clutter you are trying to avoid.
4. Avoid clutter on your nightstand by keeping out just one of whatever you typically use: the book you're reading, a bottle of hand lotion, a glass of water. Everything else should be stored on a shelf or in a drawer.
5. If you do projects while in bed, use your nightstand drawer or keep a small storage bin within reach under your bed to hold your materials and keep small, loose pieces together.
6. If you have children, teach them not to keep their toys in the master bedroom. Just as you teach them to value the privacy of their own rooms, teach them to value your privacy and need for a peaceful space.
7. Finally, make conscious choices about bringing new items into your bedroom, whether they are practical or decorative. Clutter happens one object at a time, and it doesn't take long before the piles reappear.

Once you've formed these habits to maintain your organized bedroom, you'll find that the rewards are substantial. You'll take less time to find things and less time to get ready for work and pleasure activities. The room will be easier to clean; and you will have created a healthier environment for yourself. Most important, you'll be living in a more relaxing, less stressful space.

For more information on cleaning and organization as stress relievers, see these articles at About.com:

- ["Six Ways that Cleaning Can Alleviate Stress"](#)
- ["The Cost of Clutter"](#)
- ["How Your Home Interior Can Influence Your Happiness and Stress Level"](#)