



Part 1: Find a place to relax by organizing your bedroom

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An organized, clutter-free bedroom helps you relax and sleep like a baby, among other things.
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Your bedroom can be a peaceful retreat from the demands of a hectic, stressful life. Comfortable, comforting surroundings can help you relax, sleep, and feel restored. If your bedroom is home to more chaos than calm, a few simple steps can help you create the peaceful space you deserve.

Organizing your bedroom - even if it's in serious disarray - is easier than you might think. In this four-part series, you'll learn how to declutter, clean up, organize, and maintain your primary resting space.

DECLUTTER

1. **Get started.** The hardest part of this work is getting started, so promise yourself that you'll follow through. Chances are that you have been aware of the clutter in your bedroom for a while, so make an appointment with yourself to spend a day tackling this job. If getting this done by yourself makes it too tempting to cancel your appointment, invite a friend who promises to help you stay on task.
2. **Use boxes or bins.** Have four large clear plastic bins or large cardboard moving boxes available in the room for this task, and label each clearly: Donate, Toss, Keep, Put Somewhere Else. Clear off the top of the bed to use as a sorting area.
3. **Take pictures.** To see better the progress you're making, take some "before" pictures of the cluttered room, to be compared later with photos you take after each step in the process.
4. **Make quick decisions.** Start with the most cluttered part of the room - perhaps a closet - moving as much of its contents as you can to the bed for sorting, then quickly deciding which items belong in which bins. Do not stop and analyze or reminisce about individual items. It's important that you move quickly, stay focused, and be decisive. Your "Keep" bin should contain the fewest items.
5. **Follow a pattern.** When you have sorted the items in this first, most cluttered, spot, take a short break to stretch, congratulate yourself, and select the next spot to tackle. It often helps to work your way around a room in a pattern that is easy to follow - clockwise from your starting point, for example. This way, you won't lose track of where you've been and where you still need to go.
6. **Find more space.** When you have completed your circuit around the room, you'll probably have four full bins and a lot more space in your bedroom to organize what you decide to keep. Resist the temptation to put things away immediately. Instead, move to Part 2: Clean Up.

For more information, photos, and ideas for decluttering your bedroom, visit [HGTV](#).

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