YOUR FREE PRINTABLE KIT

7-Day Cosy Bedroom Reset Kit

Seven small changes to make your bedroom feel more comfortable and restful.

Inside this kit

Light and airflow

Clutter, bedding and sound

Screens and personal style

An optional shopping list and reusable nightly checklist

No renovation or perfect room required. Start with what you already own.

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Start here

Inside your kit

Pick the tool you need today. You do not have to work through everything at once.

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Print only the pages you need, at actual size (100%). Worksheets are designed for handwriting. All activities are optional.

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DAY 1 OF 7

The Light Switch

Start with one practical change to the light you use before bed.

Today's actions

☐ Dim every light in the bedroom at least 1 hour before bed; lamps included, not just the overhead light.

☐ Check your bulbs: aim for warm 2700K-3000K tones, not cool white (look at the packaging or the base of the bulb).

☐ Add one low, warm light source (a salt lamp, a small lamp, or flameless candles) for the last hour before sleep.

☐ If you can't change bulbs tonight, switch to lamp-only lighting and skip the overhead light completely.

Why this may help

A dimmer evening environment and a relaxing wind-down can support good sleep habits. Choose a light level that feels comfortable and still lets you move safely.[1]

Keep it manageable

Change the light you actually use tonight before buying new lamps.

One change I will try

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DAY 2 OF 7

Temperature & Airflow Fix

Notice whether your bedroom feels too hot, too cold or stuffy.

Today's actions

☐ Adjust the room to a cool, comfortable temperature. Change layers if you feel too cold or too warm.

☐ If safe and practical, ventilate the room or use a quiet fan before bed.

☐ If you use a humidifier, follow its cleaning and operating instructions. Do not add moisture to a damp room.

☐ Swap one heavy blanket for two lighter layers so you can kick one off mid-sleep without fully waking up.

Why this may help

A bedroom that is neither too hot nor too cold is part of a comfortable sleep environment. Adjust layers and airflow to suit you; there is no single perfect temperature for everyone.[2]

Keep it manageable

Notice your comfort rather than chasing an exact number on the thermostat.

One change I will try

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DAY 3 OF 7

The 5-Minute Bedroom Reset

Make the space around your bed easier to use in five minutes.

Today’s actions

☐ Clear your bedside table down to three things: water, a book, a lamp.

☐ Clear the floor space immediately around your bed; your brain scans this zone the moment you lie down.

☐ Use one basket or under-bed bin to catch anything that doesn’t have a home yet, instead of leaving it scattered.

☐ Do this same 5-minute reset every night this week, not just once; consistency is what makes it a cue, not a chore.

Why this may help

A short tidy-up can make the room easier to use and remove practical distractions. Treat the reset as a helpful habit, not a rule about having a perfect bedroom.

Keep it manageable

Use one basket for loose items; do not turn this into a whole-room clean.

One change I will try

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DAY 4 OF 7

The Cosy Layer

Choose comfort rather than a perfectly styled bed.

Today's actions

☐ Choose natural, breathable fibres; linen or cotton; over synthetic blends.

☐ Layer your bedding (sheet, doona, throw) so you can adjust warmth through the night without waking up too hot or too cold.

☐ Add one textured layer; a knit throw or sheepskin; for instant warmth and visual softness.

☐ Wash and rotate bedding weekly if you can; fresh-smelling sheets are a small but real cue that this space is cared for.

Why this may help

Comfortable bedding and adjustable layers let you respond to changes in warmth. Choose fabrics that feel good on your skin and fit your budget.[2,3]

Keep it manageable

Try rearranging your existing layers before buying new bedding.

One change I will try

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DAY 5 OF 7

Sound, Sorted

Decide which sound setup feels most comfortable for you.

Today’s actions

☐ Pick one: steady white noise, earplugs, or true quiet; whichever helps you personally.

☐ Set it up tonight, not “eventually.” Test it before you actually need it, at the volume you’ll actually use.

☐ If outside noise is an issue, heavier curtains can muffle sound as well as block light; a genuine two-for-one fix.

☐ Keep whichever sound setup suits you. Leave it off if you prefer quiet.

Why this may help

A quieter environment can reduce distractions. If you prefer background sound, keep it at a comfortable low volume and make sure important alarms remain audible.[3]

Keep it manageable

Do not play sound loudly or block alarms and important safety cues.

One change I will try

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DAY 6 OF 7

The Digital Sunset

Make less scrolling easier by preparing an alternative.

Today’s actions

☐ Charge your phone away from the bed, not on the bedside table; across the room or outside the bedroom entirely.

☐ Set a “digital sunset”; dim your devices along with your lamps, an hour before bed.

☐ Have one alternative wind-down ready before you need it: a book, a journal, or a stretch routine.

☐ If you use your phone as an alarm, replace it this week; that’s the biggest reason phones end up back on the bedside table.

Why this may help

Keeping stimulating screens and scrolling away from bedtime can create a clearer boundary between the day and your wind-down. Keep access to your phone if you need it for safety or care.[1]

Keep it manageable

Choose a charging spot that still meets your accessibility, care and safety needs.

One change I will try

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DAY 7 OF 7

The Calm Colour Finish

Finish with a small visual change, if you want one.

Today's actions

☐ Pick one calming, muted colour to anchor the room; sage, clay, or warm neutrals work well.

☐ Check that your bed placement feels practical and that exits and walkways remain clear.

☐ A plant is optional decoration, not an air-cleaning solution. Check suitability around pets and children.

☐ Step back and look at the room as a whole; note which of the seven changes made the biggest difference for you personally, so you know what to prioritise if life gets busy again.

Why this may help

Colours and textures are personal preferences, not treatments. Choose a room you find comfortable and practical, without pressure to redecorate or spend money.

Keep it manageable

You can finish the week without buying anything or changing your décor.

One change I will try

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Your optional shopping list

Nothing here is essential. Start with what you have and compare current prices before buying. No price estimates are included because shops and prices change.

Option	What to consider
A dimmable or warm-toned light	A comfortable brightness and safe movement at night
Comfortable sheets or lighter layers	Fabric feel, washing needs and adjustable warmth
Curtains, blinds or an eye mask	Darkness, fit and safe installation
A quiet fan or earplugs	Comfort, safe operation and hearing essential alarms
An alarm clock	Whether you need an alternative to the phone beside your bed
A storage basket	A simple home for loose items
A humidifier, only if needed	Room conditions, cleaning and manufacturer directions

Scent is optional

You do not need a diffuser, essential oils or a scented spray for this kit. Leave scent out if it irritates you or anyone sharing the room.

Something I already own that I can use

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The five-minute nightly reset

Choose the checks that fit your evening. This is a reminder, not a test.

☐ Put the phone in my chosen charging spot.

☐ Check that the room and bedding feel comfortable.

☐ Close curtains or blinds if needed.

☐ Turn off decorative lights and put out any candles.

☐ Keep water nearby and the walkway clear.

☐ Set my alarm and leave tomorrow’s essentials ready.

My own small addition

The change that helped me most this week

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Keep for reference

About this kit

A practical seven-day guide to light, temperature, clutter, bedding, sound, screens and personal style. The seven-day format is a planning tool, not a deadline for results.

Health & safety disclaimer

General environment and self-care information, not medical or professional interior-design advice. Adapt suggestions to your health, mobility, household, climate and budget. Follow product and electrical safety instructions. Bedroom changes do not treat a sleep disorder. Seek clinical advice for persistent sleep problems.

Colour, décor and tidying suggestions are optional personal preferences, not clinically validated treatments. The references below cover light, screens, temperature, airflow, noise and bedding comfort.

Sources

These references support the general guidance. Worksheets and creative exercises are Harcourt Digital tools.

1. Sleep Health Foundation: Sleep Hygiene: Good Sleep Habits (light, screens and bedroom comfort)
https://www.sleephealthfoundation.org.au/sleep-topics/sleep-hygiene-good-sleep-habits

2. Sleep Health Foundation: Hot Nights: How to Help Sleep (airflow, fans and cotton bedding)
https://www.sleephealthfoundation.org.au/sleep-topics/hot-nights-how-to-help-sleep

3. Sleep Health Foundation: Sleeping Better in Your Hotel (quiet, darkness, temperature and bedding)
https://www.sleephealthfoundation.org.au/sleep-topics/sleeping-better-in-your-hotel

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