

ARCNET.STUDIO · HEALTHY HOMES
Bedroom Sleep Audit Checklist

A room-by-room printable walkthrough to find what's quietly disrupting your sleep — and exactly how to fix it.

Companion to: “10 Bedroom Design Changes That Improve Sleep Quality”

6 Room Zones • 6 Mini-Audits • 1 Scorecard • Your Action Plan



How to Use This Checklist

This checklist pairs with the ARCNET.STUDIO guide “10 Bedroom Design Changes That Improve Sleep Quality.” Walk through your bedroom one zone at a time — light, temperature, noise, color and materials, layout, and routine — and check off what's already working.

Each section ends with a score out of 10. Add up all six section scores at the end for your total Sleep Environment Score, then turn to the final page for your personalized next steps.

Step	What To Do
1	Walk into your bedroom at night, with the lights set the way they usually are
2	Go through each of the 6 mini-audits in order, checking off items that are already true
3	Write your section score (number checked, out of the items listed) at the end of each page
4	Total your scores on the Sleep Environment Scorecard page
5	Use the Action Plan on the final page to pick your first 3 fixes

TIP

Do this audit at night, not during the day. Light leaks, noise, and temperature issues are easiest to spot once it's actually dark and quiet outside.

ZONE 1 OF 6**Light Environment Audit**

Light is the strongest signal your body uses to decide when to sleep. Check off what's already true in your room.

- ☐ Curtains or shades fully block light at the edges and top of the window
- ☐ No visible streetlight, hallway light, or appliance light reaches the bed
- ☐ Bedside lamp uses a warm bulb (2700K or lower), not a bright white bulb
- ☐ No overhead lighting used in the hour before bed
- ☐ Phone and device screens are out of sight or face-down at night
- ☐ Bedroom gets direct or strong natural light within an hour of waking
- ☐ Smart bulbs or a sunrise alarm are used if mornings are dark (optional)
- ☐ No glowing electronics (chargers, routers, clocks) are visible from the bed

Section Score: ____ / 8

ZONE 2 OF 6

Temperature & Airflow Audit

Your body needs to cool down to fall into deep sleep. Check off what's already true in your room.

- ☐ Bedroom temperature sits roughly between 60-67°F (15-19°C) at night
- ☐ Bedding is a natural, breathable fiber (cotton, linen) rather than heavy synthetic
- ☐ Air can circulate around the bed — furniture doesn't block airflow
- ☐ A climate-appropriate cooling strategy is in place (fan, AC, window, cross-breeze)
- ☐ The bed is not placed directly under a fan blowing on high all night
- ☐ Each person on the bed can adjust their own warmth (separate blankets or topper)
- ☐ A window can be cracked safely, even briefly, before bed

Section Score: ____ / 7

ZONE 3 OF 6**Noise & Sound Audit**

Sound you don't consciously notice can still fragment your sleep. Check off what's already true in your room.

- ☐ Soft materials (rugs, curtains, upholstery) are present to absorb sound
- ☐ Door has a sweep, weatherstripping, or other gap seal
- ☐ Windows are sealed well against outside traffic or street noise
- ☐ Bed is positioned away from shared walls or hallway-facing walls where possible
- ☐ A white noise machine or fan is available if needed to mask irregular sounds
- ☐ No loud appliances (fridge, router fan) are audible from the bed

Section Score: ____ / 6

ZONE 4 OF 6**Color & Materials Audit**

Color and clutter affect the nervous system more than most people expect. Check off what's already true in your room.

- ☐ Wall color is muted or low-saturation (soft blue, sage, warm neutral) rather than bright or high-contrast
- ☐ At least one natural material is present (wood, stone, natural textile, plant)
- ☐ Surfaces like nightstands and dressers are mostly clear of visible clutter
- ☐ Storage is closed (baskets, cabinets) rather than open and visually busy
- ☐ The room doesn't feel sterile or clinical under nighttime lighting
- ☐ Decor feels calming rather than stimulating when you lie down and look around

Section Score: ____ / 6

ZONE 5 OF 6**Room Layout Audit**

Where furniture sits changes how your brain reads the room. Check off what's already true in your room.

- ☐ Bed is not placed in direct line of sight with the door
- ☐ No desk, treadmill, or active workspace shares the room without separation
- ☐ TV or screen, if present, is not facing the bed as the default viewing setup
- ☐ No mirror directly faces the bed
- ☐ Under-bed or vertical storage is used to keep the floor and walking space clear
- ☐ Wardrobe or closet keeps clothing out of sight, not draped over furniture

Section Score: ____ / 6

ZONE 6 OF 6**Sensory Routine Audit**

A bedroom is a sequence of cues, not just furniture. Check off what's already true in your routine.

- ☐ Room is aired out or freshened daily (open window, purifier, or diffuser)
- ☐ Lighting transitions gradually from bright to dim in the hour before bed
- ☐ A dedicated wind-down spot exists, separate from the bed itself (chair, corner, nook)
- ☐ Phone is not charged within arm's reach of the bed
- ☐ The bed is used only for sleep, not for work, scrolling, or watching shows
- ☐ A consistent pre-sleep routine (reading, stretching, journaling) is in place

Section Score: ____ / 6

Sleep Environment Scorecard

Transfer each section score below, then add them up for your total.

Zone	Category	Your Score
1	Light Environment (out of 8)	_____
2	Temperature & Airflow (out of 7)	_____
3	Noise & Sound (out of 6)	_____
4	Color & Materials (out of 6)	_____
5	Room Layout (out of 6)	_____
6	Sensory Routine (out of 6)	_____

TOTAL SCORE: _____ / 39

Score Range	What It Means
30–39	Strong sleep environment — fine-tune with the few remaining unchecked items
20–29	Solid foundation — a handful of focused fixes will noticeably improve sleep
10–19	Several factors are working against your sleep — start with Zones 1 and 2
Below 10	Your bedroom is actively fighting your sleep — follow the full Action Plan

Your Results & Next Steps

Based on your scorecard, pick your first three fixes below. Small, consistent changes beat trying to fix everything at once.

My Top 3 Fixes to Start This Week

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

30-Day Pacing Guide

Week	Focus
Week 1	Audit bedroom lighting (Zone 1)
Week 2	Reduce visual clutter (Zone 4)
Week 3	Improve thermal comfort (Zone 2)
Week 4	Optimize sound, layout, and routine (Zones 3, 5, 6)

KEEP GOING

Re-take this audit in 30 days. Most readers see their score rise by 8-12 points after working through one zone per week.

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