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6 Ways to Make your Bedroom Eco-friendly

Save Money, Breathe Easier, and Protect the Planet with Natural Fibres, Natural Scents, Low-Energy Fans & More in your Eco-Friendly Bedroom

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You spend a lot of time in your bedroom every day, and while you may not be aware of your environmental impact while you sleep, you always have one. In fact, the average human spends 7.6 hours sleeping every day (1)! Make that time healthier and greener by creating a bedroom that's eco-friendly with safe furniture, textiles, scents, and more.

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1. Choose bedding made from natural fibres



Photo credit: Flickr / Melanie O

Look for organic bed sheets and blankets made of plant-based natural fibres like organic cotton, hemp, silk, bamboo, and organic wool. Not only are natural fibres easier on the planet to manufacture than fabrics like polyester (2), unlike synthetics they're not made of petroleum, which makes them naturally renewable, too (3).

2. Avoid flame retardants



Photo credit: Flickr / Dancing Arethusa

Mattresses and pillows made of foam and other conventional materials must be treated with toxic flame retardants that are dangerous for human health and the planet (4). Instead, look for organic pillows and mattresses created with natural latex from rubber trees, humane wool from happy sheep, organic cotton, syriaca made by silk worms, buckwheat or kapok seed pods, and ingeo fibers.

3. Freshen with natural scents



Photo credit: Flickr / thedabblist

Avoid polluting your bedroom air with synthetic room sprays and unnatural scent diffuser plug-ins that waste energy. Instead, look for natural scents in candles and diffusers to add your own personal aroma without volatile organic compounds (VOCs).

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4. Cool off with low-energy solutions



Photo credit: Flickr / Joe Shlabotnik

Air conditioning is a big energy hog, adding to your bedroom's carbon footprint. Cool off at night with energy-efficient fans rated by [Energy Star](#) or an evaporative cooler that moistens air to transfer warmer air outside (great for dry regions)! Both low-energy options will cut your monthly electricity bill and make your night time routine more planet-friendly, too!

5. Upcycle bedroom accessories



Photo credit: Flickr / Bits of Clay

Take an old headboard, lamp shade, picture frame, dresser, or mirror and refinish it to breathe new life into existing materials rather than consuming virgin natural resources to buy new. Repurposed furniture and accessories with a fresh coat of low-VOC paint or stain and some upcycled embellishments give you something that's uniquely yours and totally green.

6. Decorate with DIY artwork



Photo credit: Flickr / sparklerawk

Rather than spending money on over-priced mainstream art, bring more meaning into your space with unique DIY artwork and [your own photography](#). Print family photos or landscape photos taken on your vacations, and display them in your own homemade frames (or upcycle old frames). For a fun family craft activity, help your kids decorate their own bedrooms by painting on canvas with non-toxic oil paints or powder paints.

Implement all of these eco-friendly bedroom techniques and not only will you sleep more easily, you'll help the planet while you slumber!

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Limited Time Offer!

Start your green bedroom transformation and get a comfortable, non-toxic sleep with this week's ethicalDeal: **\$49 for a \$129 voucher to spend on a comfort pillow or other natural, organic, non-toxic memory foam products + organic bed sheets** from Essentia. FREE SHIPPING! Special offer only available until September 15, 2013. Get it before it's gone!



About the author:

Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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