



VIP DETOX CHALLENGE: DAY 4

DETOX YOUR BEDROOM

Build a Restorative Space for Sleep, Healing & Hormone Balance

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TODAY...

I'm going to help you identify and reduce common bedroom toxins and EMF exposures so they can create a supportive space for sleep, recovery, and long-term health.



www.healthyhouseseontheblock.com



WHY THE BEDROOM MATTERS MOST

You spend 6–10 hours/day in your bedroom — often with limited ventilation and close contact with fabrics and furniture.



WHY THE BEDROOM MATTERS MOST

- During sleep, your body:
 - Detoxifies
 - Regenerates cells
 - Balances hormones (especially melatonin, cortisol, and estrogen)



WHY THE BEDROOM MATTERS MOST

Toxins and EMFs in the bedroom can interfere with these vital processes, contributing to:

- Insomnia or restless sleep
- Hormone imbalances
- Morning headaches or grogginess



SWITCH TO NON TOXIC BEDDING

TOXINS

Conventional bedding often contains:

Flame retardants | Formaldehyde-treated fabrics (to prevent wrinkling) | Pesticide residues in cotton



SAFER SWAPS

- GOTS-certified organic cotton, wool, or linen sheets
- OEKO-TEX certified bedding (if organic isn't an option)
- Avoid synthetic fiber blends (like polyester)



PLAN & EXECUTE

Start with sheets or pillowcases for a low-cost, high-impact upgrade and then move on to larger, more expensive items.





REDUCE EMFS AT NIGHT

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PHONES ARE A NO-GO

Keep your phone out of the bedroom (or on airplane mode at least 6 feet away without charging)

SAFE SPACE

Keep all electronics at least 6 feet from your bed if possible (especially where you're head will be). This includes sound machines, purifiers, baby monitors and alarm clocks.



SIMPLIFY

Avoid smart devices, heated blankets and other electric items that aren't truly needed in your space. Turn reading tools like kindles to airplane mode while using them at bedtime.

UNPLUG

Unplug unused items at night or install a kill switch (either a light switch or a breaker for the room) to turn electricity off to the space.



REMOVE TOXIC DUST



Bedrooms accumulate:

- **Dust mites**
- **Pet dander**
- **Microplastics and VOC particles**

Vacuuming 1–2x per week with a **HEPA vacuum** reduces these exposures significantly.

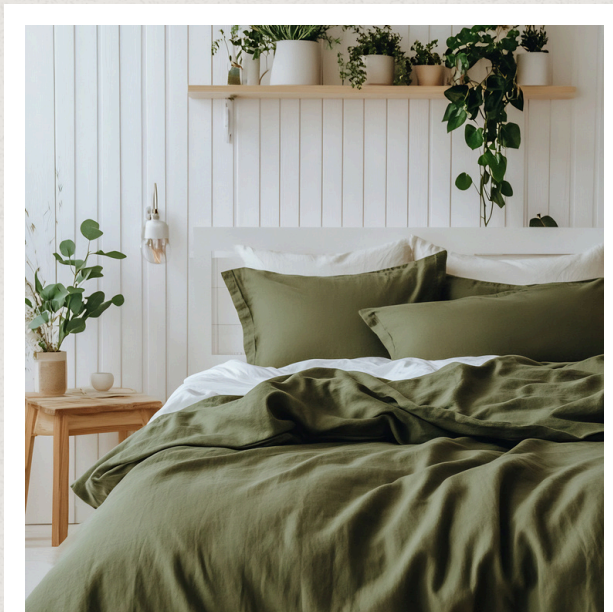
Use a **damp cloth** to dust (not dry)

Don't forget to dust and vacuum **forgotten spaces** like behind furniture, under the bed and on ceiling fans

Wash sheets weekly in hot water and dry thoroughly before folding them or putting them back on the bed.



BE MINDFUL OF BEDROOM FURNITURE



- Conventional furniture often contains:
 - Formaldehyde-based glues
 - PVC finishes
 - Synthetic foam treated with flame retardants

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BE MINDFUL OF BEDROOM FURNITURE



- Choose healthier options:
 - Solid wood over particleboard
 - Low-VOC finishes (look for Greenguard Gold certification)
 - Avoid vinyl headboards or upholstered pieces with chemical-laden fabrics

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BE MINDFUL OF BEDROOM FURNITURE



Start small — swap out nightstands, or opt for secondhand solid wood pieces as budget-friendly alternatives.

Watch for sales and discounts around holidays and be sure to sign up for newsletters of companies you want to buy from.

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NEXT STEPS

Download your workbook and see if you can complete the following before Day 5:

- Remove your phone and charger from your bedroom tonight
- Dust your bedroom to remove toxic house dust completely
- Explore more detailed guidance in the Healthy Home Blueprint



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