

9 pointers Checklist for a Sensory Bedroom



Go with you or your child's personal preferences when creating a sensory friendly good vibes zone. Some or all of these ideas may be enough, and tailor these suggestions to suit you or your child's tastes...If Star Wars are their thing, try that theme! Tinker and develop until you find your perfect combination for an ultimate bedroom chill zone. Allannah x

1 Soft and Cozy Bedding

- Use soft high quality sheets like cotton to create a comfy and inviting bed
- For added Deep pressure touch try our breathable cotton Sensory compression Sheets
- Try our weighted blankets for DPT, and come in different lush textures or friendly patterns.
- Have cool themes for bedding patterns, eg Dinosaurs- or for adults calming pastels or neutral colours



2 Low Key Lighting

- Install dimmable warm toned lights- Or cheaper option, low wattage warm coloured bulbs.
- For a light show, dimmable Fibre optic curtains, or bubble tubes for a multisensory experience.



3 Cuddly Weighted Toys

- A 2kg life like weighted toy like Fearless the Dragon, Soothy Sloth, or Sunny Bunny is the perfect pet and self regulating aid without the hassles!



4 Nature Vibes

- Try indoor plants or natural textures (wood or stone) and soothing Nature themed artwork.
- Bonus! Indoor plants is an opportunity to nurture and care for it.



5 Aromatherapy

- Try essential oils or scented candles like Lavender, Chamomile, or Eucalyptus
 - for positive mood, relaxation and association to the bedroom.



6 Noise Reduction

- Try white noise, or calming music to drown out unwanted sounds (theres plenty on you tube!)
- Rugs, heavy curtains and a room furthest from the lounge can help minimise extraneous noise.

7 Organisation and decluttering

- Have stowable kete's with lids to tidy sensory resources and toys away for a clutter free space.

A tidy bedroom helps give a sense of calm and relaxation- and reduces tripping hazards!

8 A chilled seating area

- Create a small seating area- try cushions or our crash pad for a reading nook or a quiet spot to chill with toys before bedtime.



9 Customise Room temperature

- A rotating fan in Summer- Is also good as ambient white noise for sleep.
- In winter, a thermostat controlled heater is the go for the perfect climate.