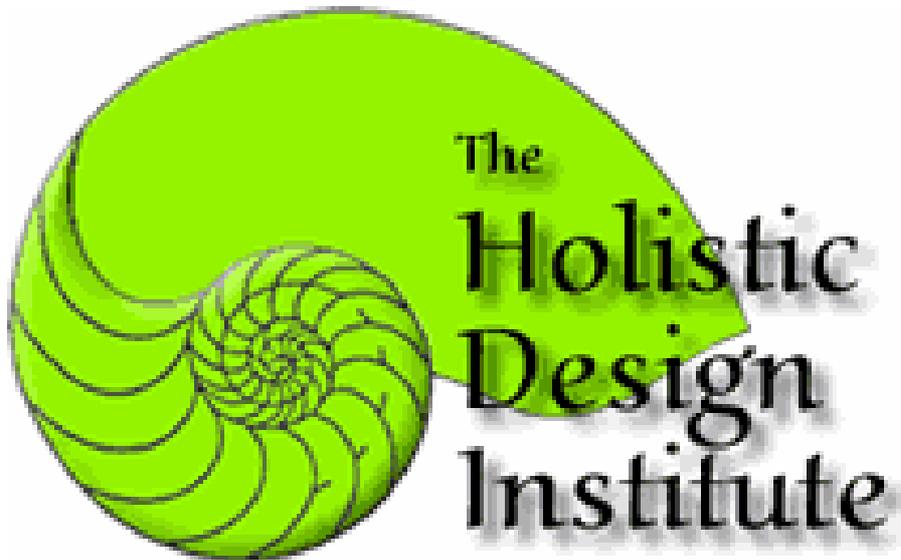


LOOK INSIDE



## Holistic Interior Design



## Modules 1 – 8

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*Students may photocopy the question sheets.*

## Situating the Bed

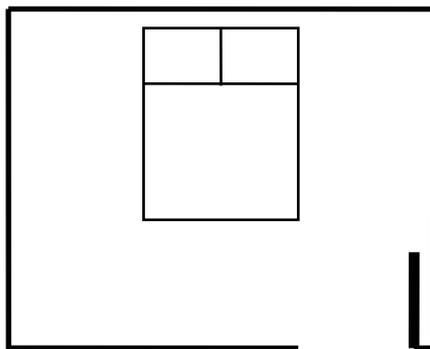
In ancient times it was necessary to make sure you slept somewhere safe, and even to-day when we camp out in nature, it is most important that we find a place which is protected from the weather and anything that may disturb us in the night like wild animals or human intruders. To-day we still have that in-built instinct to sleep somewhere safe that is why most people like to sleep high up, and choose to have their bedrooms in upper floors. Even at ground level, sleeping platforms or bunk beds are extremely popular as they give this same feeling of security.



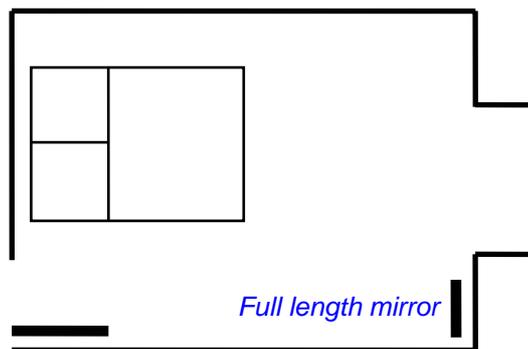
*Platform beds give you a sense of security*

Feng Shui consultants recommend that the bed be placed diagonally opposite the door so that you can see anyone who enters although this is obviously not practical in most bedrooms. As long as the bed is not directly opposite an open door or obscured behind it, this will have a similar affect.

*Good position for bed facing door opposite wall*



*Bad position for bed - place mirrors on opposite wall*



Sleeping spaces do not always have to be enclosed, and a calm contemporary bedroom can still provide a sense of protection and relaxation. In this picture the whole wall has been designed to open up, so you can lie in bed and look at the sky. Even in older houses a bed placed opposite a window can afford a beautiful and inspiring view when you wake up.

Some ecological designers have designed organic houses in which the bed is raised on a platform. This allows you to feel secure from any sudden intrusion as you look down from your safe haven. This is why bunk beds are popular.