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PGC Day 15: Greener

Designing My Ideal Bedroom

There are SO MANY chemicals in bedrooms. You're snuggled up in bed, head on your pillow, curled inside a comforter, but you're actually just trapped between different toxic chemicals. What a way to fall asleep every night.

It's time to find alternatives. I made a list of my essentials and their healthy alternatives.

Mattress: Organic latex by happsy. This mattress is very expensive, although I don't know that much about mattress purchasing. It seems, based on the components of the mattress, worth it.

Sheets: Organic cotton by coyuchi. These sheets aren't anything fancy. They are regular colors and patterns but the quality is far superior to other sheets that make all kinds of claims.

Pillow: 100% natural latex by OrganicTextiles. I couldn't believe how many chemicals were in pillows, the very thing we lay our head on and breath in every single night for hours.

Throw Pillows: Sustainably Minded Handwoven throw pillows by West Elm. I've always loved West Elm and these pillows are gorgeous! What makes them better is that they are conscious towards the environment.

Comforter: 100% yak wool duvet by Healthline. I can't imagine how cozy this comforter would be! It's sustainable and eco-friendly plus it's wool. Those cold Vermont winters don't stand a chance!

Desk: Recycled wood desk by Urban Wood Goods. It's clean and simple, nothing too fancy, but also sleek and formal looking

Desk Chair: Herman Miller Aeron Chair. This chair is sleek and it stands out without having to be flashy. Based on the reviews it's pretty comfy. Plus this company is also focused on minimizing their impact with packing and shipping, too, not just the product themselves.

Mirror: Best to just go to a second hand shop for these! They have some really cool ones

Lamp: You can also find these second hand! Consignment shops and other places can have some really cool finds

Storage bins: I found some old milk crates in my garage. Gave them a good wash, and they add character to my room.

Plants: Any good potted plant from a store or farmers market. Plants do so much.

I made a little graphic below!

GREENIFY YOUR BEDROOM

Every time you curl up in bed, you're probably just wrapping yourself in a blanket of different chemicals...

LET'S CHANGE THAT.
here are some green switches

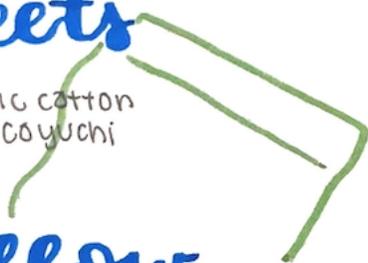
mattress

Organic latex
by Happsy



Sheets

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pillow

100% natural latex
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THROW pillows

Handwoven throws
by West Elm



comforter

100% Yak Wool Duvet
by Heathline



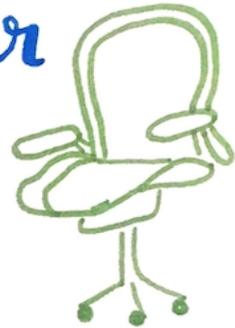
desk

recycled wood desk
UrbanWoodGoods



desk chair

Herman Miller
Aeron chair



mirror

there are great mirrors
at secondhand shops.

Just takes a little digging



lamp

Lamps are also great
things to try to find at
second hand shops



storage

I love old milk crates for bins

