

RELAXED WORKING
IDEAS FOR A COMBINED
BEDROOM AND OFFICE

PART4: PRACTICAL INTERIOR DESIGN TIPS DECORATING HACKS, VERSATILE FURNITURE AND LOTS OF INFORMATION ABOUT WINDING DOWN





#### Working productively and ensuring restfulness.

**First the good news:** In principle, any room in the house can be a productive working space. However, some rooms have one or two challenges to overcome. The right outfitting and clever space planning can help with this. If your desk is in the bedroom, it's particularly important to ensure that you're able to wind down effectively in the evening.

Our **workbook entitled "Desk in your bedroom"** gives you a few tips and product ideas to help you program yourself physically for relaxed working, as well as in mental terms to ensure your sleep is refreshing.

The König + Neurath team hopes you find plenty of inspiration

\*We use the term "home office" to encompass all forms of work within your own four walls: mobile and hybrid working models, remote and digital work – in short all hybrid forms of work A desk in your bedroom isn't the most ideal version of the home office work set-up. However if there's nowhere else available to use as a workspace in your home, then the important thing is to make the best out of the situation — in terms of both space and organisation.

# Our tips help you do this.

→ Tipp 1 - keep areas separate

Ideally work should be separate from sleep.

A curtain or shelf used as a partition achieves this perfectly

→ Tip 2 – utilise storage

Storing your working materials properly after you've finished is essential for a calm, uncluttered space. A pedestal on castors, shelf unit or bureau allows you to put away your work things quickly in the evening so they're out of sight.

→ Tip 3 - improve indoor air quality

Good air quality is particularly important in the bedroom. So keep a look out for certificates like the Blue Angel eco label or the Indoor Advantage Gold Seal and use electrical appliances that don't smell too strongly.

→ Tip 4 - prevent electrosmog

Electromagnetic fields can disrupt your sleep. So it's a good idea not to have a hone in your bedroom and to turn off the router.

→ Tip 5 – less is more

The bedroom offers – and needs – a quiet environment. If you're already dividing the born into two themed areas, you're doing yourself a huge favour by cutting back on or ther functional areas and items of furniture

### How sleep can make you smart

There are plenty of experiments that prove the **benefit of sleep to the brain.**New information imprints onto the long-term memory during sleep. **Motor skills are also consolidated** while we sleep. **Deep sleep is important** in this context. This is when the brain replays the information over and over, which reinforces the synapses between the nerve cells. New connections are also formed, while old synapses are restructured or even removed. Tests have shown that it's possible to use **hypnosis** to achieve phases of deep sleep.

### Why a power nap is a good idea

Regular bedtimes guarantee refreshing (deep) sleep. Whether you go to bed early, sleep in longer in the morning, or take an afternoon nap – practice makes perfect when it comes to being a good sleeper.

It's been shown that it's possible to reach a deep sleep phase even during a **20-minute** snooze. You see, the brain's already retrieving your previous experiences at that point!

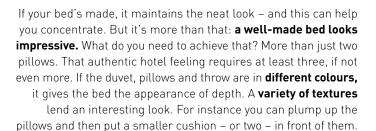
If that isn't a good argument for taking a **power nap** in your lunchbreak to get fit for the second half of the day...

## How to put your brain into relax mode



The brain works tirelessly. So if you want to decrease stress levels it makes sense to redirect your thoughts (meditation can work well here, for instance), or put your body into a state of relaxation. Breathing is the simplest way to do this. Breathe in deeply and exhale slowly to activate the parasympathetic nervous system, slow the heart rate, and lower blood pressure. A good exercise that you can do for 10 minutes in bed at night.

#### Art or maths: making your bed









Clever light planning has benefits – in terms of aesthetics as well as health. For lighting to be both stylish and practical, you need:

- + Design features, that match the furniture well
- + Functional light fittings in a minimalist style
- + A colour temperature plan.

Research confirms that light influences mood and cognitive abilities. It's best to start the day with a colder light and combat the lunchtime low with a daylighttype colour temperature, which is also fairly cool. Then, as evening approaches, a warm light becomes increasingly important because it encourages the sleep hormone melatonin to be released.

Attractive or comfortable? Both would be ideal.

#### K+N NOOK.SHELL

Our K+N NOOK.SHELL is a huge hit thanks to its versatility. It can be configured in a variety of colours, boasting a diverse selection of functions and materials to match your interior style. Since all models feature the flexible backrest shell, it's incredibly comfy. Here are a few of the options:

- + The backrest shell comes in three variants (unupholstered, with cushion pad or fully upholstered) and two colours (black and white).
- + We offer a wide variety of base variants.
- + You can choose between a comfortable soft upholstery specification and normal upholstery, as well as a range of fabric

Sustainability information: Thanks to its low-complexity structure, mono-materials and a high proportion of recycled aggregates (80%) as well as its modular construction principle - our K+N NOOK.SHELL guarantees a good environmental footprint.



#### Adapts to any space

### TALO.YOU with electric height adjustment

Today you're working in the bedroom, tomorrow you might be in the living room, and what about the next day? No matter where you set up your home office - TALO.YOU can adapt to the environment. Our workstation system can be reconfigured as needed to suit the situation. As a height-adjustable solution it also keeps you moving – both physically and mentally. For example:

- + TALO.YOU, desk, in various dimensions
- + With height adjustment powered by electric motor or energy-saving gas lift mechanism
- + Top: Fenix black 13 mm
- + Frame: Square tube black with chrome, A-frame





# Could someone else do it better? That would benefit you!

The likelihood of success increases considerably if you employ the right people for the job.

That's why we work with experts who specialise in their field here at König + Neurath. Whatever challenge you face, it's worthwhile getting the right support.

On our Working@Home-Website, sleep coach Eva Bovet shares some good routines to help you conclude your working day with a positive attitude.

Management training specialist Uta Altmüller shows you a few ways to set your day up for success - starting in the morning.





Scan the code to find out more!

# Use this link to purchase top-quality furniture from our company, and we'll also give you access to all of our expertise when you do.

Planning and furnishing your office shouldn't mean sleepless nights. All you have to do is contact one of our capable and professional dealers. You'll benefit from advice on all aspects of your project, and you're guaranteed to find the best solution for your remote/home office\*.

The products and configurations you see here are already available online via our sales partners from the Partner Portal.

You can find even more home office\* inspiration, tips and ideas at our website homeoffice.koenig-neurath.com

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