

A photograph of a man sitting at a desk in a combined bedroom and office. The man is seen from behind, wearing a dark long-sleeved shirt and light-colored pants, working on a laptop. The desk is a modern, dark-colored table with a laptop, a desk lamp, and some office supplies. The room features a grey wall with several framed pictures, a bed with white linens, and a small round side table with a glass of water. The floor is light wood, and there is a patterned rug under the desk. The overall aesthetic is modern and functional.

WORKING @HOME #4

RELAXED WORKING
IDEAS FOR A COMBINED
BEDROOM **AND** OFFICE

PART 4: **PRACTICAL INTERIOR DESIGN TIPS**
DECORATING HACKS, VERSATILE FURNITURE AND
LOTS OF INFORMATION ABOUT WINDING DOWN

TALO.YOU motorised desk with round tube frame,
K+N NOOK.SHELL

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 phone 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 room into two themed areas, you're doing yourself a huge favour by cutting back on further functional areas and items of furniture.

There's space for improvement here

KNOW-HOW

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.

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

TIPS + TOOLS

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 → → →



If your bed's made, it maintains the neat look – and this can help you concentrate. But it's more than that: **a well-made bed looks impressive.** What do you need to achieve that? More than just two pillows. That authentic hotel feeling requires at least three, if not even more. If the duvet, pillows and throw are in **different colours**, it gives the bed the appearance of depth. **A variety of textures** lend an interesting look. For instance you can plump up the pillows and then put a smaller cushion – or two – in front of them.



← ← ← Spot on: the right light

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 daylight-type 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 qualities.

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



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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!

Sleep coach Eva Bovet



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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