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step lightly

Given that you spend more time in your bedroom than just about any other room of your house, don't ruin your pristine sleeping environment with volatile wall finishes or flooring. Opt for environmentally friendly paints on your walls and flooring. Choose solid wood, bamboo or recycled cork over vinyl flooring; natural-fibre rugs and mats that have not been treated with stain-resistant finishes are good choices. Check the labelling on wood stains and polishes – anything containing wood-preservative chemicals in the active ingredients should be avoided.

A photograph of a bedroom with two beds, white linens, and skylights. The number 59 is overlaid in the upper center.

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changing rooms

Chances are, the home that suits you today won't suit you tomorrow. Australia's 2006 census has shown that across Australia, more than a million three-bedroom houses are occupied by just two people. A room that's a bedroom this year might not be one in the next. When you plan your home, make sure that a room that's a designated bedroom could also serve well as a study, library or guestroom, or could even become part of another area of the house through demolishing a wall. Flexibility in your design can help reduce emissions and materials.