



Bedroom

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Introduce pattern

Change the look of the room dramatically with new bedding.

Delicia comforter, bed skirt and 2 matching shams (\$90 for queen), sheet set (\$40 for queen), quilt (\$80 for queen), and solid shams and decorative pillows (\$15 each), Casa Cristina; at Kmart.

Choose colors that make you smile.

15 Banish boring ceilings

Paint them a pretty hue that coordinates with your décor.



14 Make over your closets

Select a bold shade to paint the inside walls, then accessorize with decorative hangers.

Hangers, \$12 for 10; themacbethcollection.com.



16 Show off baubles

Organize your jewelry and make an artful display at the same time. Select a holder that suits your style.

Dress-form jewelry holder, \$59 each; pbteen.com.



Welcome newness

Add an unexpected piece to your home now and then—something that will give you pleasure every time you see it.

Cadman chair, \$200; at Pier 1 Imports.



Inspired tips

Go green. Place a lavender plant on your nightstand. The fragrance is said to induce sleep.

Cozy up at night. Equip your bedroom with both blackout shades and heavy drapes. While you want more light in other parts of the house, darkness is key for a solid slumber.

Clear clutter. If you do nothing else, divest yourself of your extra stuff. It makes a huge difference in how your home looks and feels.

Need help and inspiration? Read *Unstuff Your Life* (\$16; at mass retailers) by Andrew J. Mellen—it offers a no-nonsense approach to getting organized once and for all.

