

The Eco-nomical Bedroom

by Emily Main

CHECKLIST

- Natural-fill, untreated mattress or pillow topper
- FSC-certified box spring frame
- Untreated, organic-cotton bedding
- Natural-material pillow and/or pillow encasement
- Ethically sourced, VOC-free furniture (second-hand furniture, antiques, formaldehyde-free pressed wood, etc.)
- FSC-certified solid or pressed woods natural-material window treatments (blinds and curtains)
- Low- or no-VOC wall paints
- Natural-material area rugs and/or carpeting (installed with VOC-free adhesives)
- Efficient use of appliances:
 - Window a/c unit with properly cleaned filter, if necessary
 - Electronics turned off each night before bed
 - Properly cleaned humidifier, used only when absolutely necessary