

M.S. ENVIRONMENTAL SCIENTIST • BEDROOM CHECKLIST

BUILDING A NON-TOXIC KIDS' BEDROOM

A kid's bedroom is where sleep, screen time, and play all overlap, which makes it worth a closer look.



01 • AIR & SIGNALS

REDUCE EMF EXPOSURE

Wi-Fi routers, smart devices, and even wall outlets near a bed produce EMFs that have been linked to sleep disturbances and fatigue. Keep devices off or in another room overnight, avoid placing the bed directly against a wall outlet, and unplug what isn't in use. For a dorm-style setup packed with outlets and devices, I like the SafeCharger™ from The Shielding Shop.

[MY PICK • SAFECHARGER™ →](#)

02 • FURNITURE

SKIP PARTICLEBOARD AND MDF

These materials are often bonded with formaldehyde-based resins that off-gas into bedroom air over time. Look for furniture made from solid wood, cotton, and wool instead; it's sturdier, lasts longer, and skips the off-gassing entirely.



03 • BEDDING

UPGRADE THE BEDDING

Conventional sheets are often treated with synthetic dyes and finishing chemicals. I use organic, chemical-free bedding from Aizome.

[AIZOME →](#)

04 • LIGHT

RETHINK THE LIGHTING

Harsh blue light in the evening can throw off a kid's natural sleep rhythm, while warm, dimmable light supports it. We use red-spectrum lighting from Strainless Lighting in the evening hours.

[STRAINLESS →](#)

05 • SCREENS

WATCH SCREEN TIME, NOT JUST SCREEN CONTENT

Standard tablets emit blue light that can interfere with sleep and eye comfort. The Daylight Kids Tablet uses a paper-like display instead of a backlit screen, so it's easier on the eyes and less disruptive before bed.

[DAYLIGHT →](#)

06 • PLAY

CHOOSE WOODEN TOYS OVER PLASTIC

Wooden toys skip the phthalates and flame retardants sometimes found in plastic toys, and they tend to last a lot longer too.

[WOODEN BLOCKS →](#)

07 • CLEANING

CLEAN WITH SIMPLE, NON-TOXIC STAPLES

Vinegar, baking soda, and castile soap cover almost everything (floors, surfaces, stuffed toys) without the synthetic fragrance or harsh chemicals in most conventional cleaners.