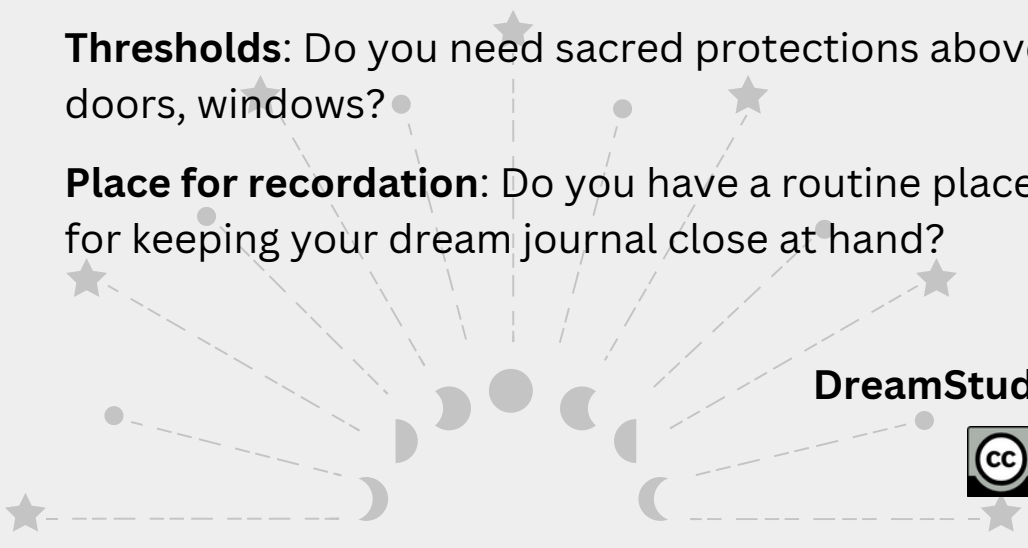
DREAM SANCTUARY Checklist

Your dream sanctuary is the place (or places) where you sleep, rest and dream. Inventory the bedroom with these criteria in mind:

- [ ] **Appearance**: is the bedroom clean and uncluttered?
- [ ] **Olfactory**: how is the air ventilation? Laundry habits? Any aromatherapy needed?
- [ ] **Lighting**: Is it dark when you need to rest? Any light-blocking needed?
- [ ] **Sound**: Is it quiet at night? Any soundproofing or white noise needed?
- [ ] **Temperature**: Is the bedroom below 70 degrees? If not, how can you mitigate when it's too warm?
- [ ] **Ionic**: Is the head of your bed far from interior plumbing and electrical outlets?
- [ ] **Safety**: Can your bedroom door lock? Is the bed placed against a wall rather than a window?
- [ ] **Thresholds**: Do you need sacred protections above doors, windows?
- [ ] **Place for recordation**: Do you have a routine place for keeping your dream journal close at hand?



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