

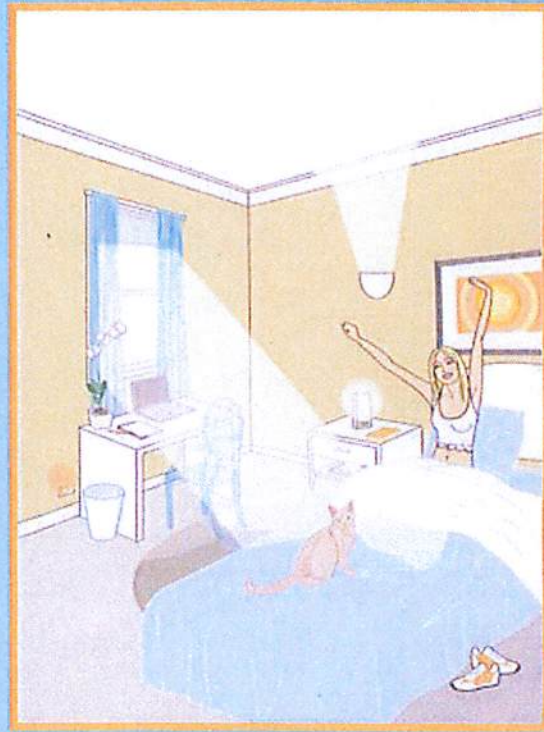
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## 6 bedroom fixes for a good morning

### Prep your sleeping space so you'll wake up refreshed

By Gabrielle Gayagoy

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#### **Clock in**

For more energizing light, use a dawn-mimicking alarm clock. The BlueMax Sunrise Simulator (\$169, [FullSpectrumSolutions.com](http://FullSpectrumSolutions.com)) has low-energy light-emitting diode (LED) bulbs, which are programmed to grow progressively brighter as your wake time nears.

#### **Face the dawn**

Situate your bed so that it provides a view through your window. Seeing the sun-splashed outside world cues your brain that it's time to wake up. Opt for light-colored linens, too. Pale-hued fabrics, woods, walls and flooring reflect more rays than do dark colors, Tanteri explains.

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