CHECKLIST

Bed Under Window Setup Checklist

- [ ] Check window seals for gaps and apply foam strips where needed
- [ ] Measure from floor to sill and subtract mattress height
- [ ] Hang blackout curtains or blind that clears the bed
- [ ] Add headboard or cushions against the wall below the sill
- [ ] Pull bed a few centimetres from the wall for airflow
- [ ] Open window slightly each morning to release moisture
- [ ] Keep sill clear except for one or two static items
- [ ] Mount reading light to wall or clip to headboard