VastuScan

PRINTABLE CHECKLIST

Bedroom checks Vastu links to sleep

Use this to check the bedroom's Vastu: head direction, mirrors, electronics and the room's zone. Each item gives the rule behind it.

- [ ] **1. Head direction while sleeping**
  South or east is best and west is acceptable. Never sleep with your head pointing north.
- [ ] **2. Headboard position**
  Against the south or west wall, where the room allows. The bed should not sit in the centre of the room.
- [ ] **3. Mirror facing the bed**
  Check the dressing table and any TV screen. Cover or move anything that reflects the bed.
- [ ] **4. Beam over the bed**
  Look up before you lie down. The bed should not be directly under a beam.
- [ ] **5. Feet pointing at the door**
  The bed should not be in direct line with the door, with your feet pointing towards it.
- [ ] **6. Electronics by the bed**
  TV in the south-east corner, covered when off. Charging points in the south-east. No laptop or work materials on the bed.
- [ ] **7. Wi-Fi router**
  Best in the north-west, and not in the bedroom.
- [ ] **8. Under-bed storage**
  Keep it organised. Avoid broken items, old shoes and heavy metal under the bed.
- [ ] **9. Gap around the bed**
  At least 3–4 inches between the bed and the wall, on all sides.
- [ ] **10. Master bedroom zone**
  South-west is Ideal and recommended. A north-east master bedroom is better used as a puja room, study or guest room.
- [ ] **11. Bedroom colours**
  Earthy tones in a south-west bedroom and cooling green or blue in a south-east one. Avoid black, dark red, bright orange and dark grey.

Grades follow VastuScan's published Vastu rules. Vastu is traditional guidance; use it alongside a proper inspection.