

ART & DECOR FOR YOUR NEUROBIOLOGY

The Bedroom

1

The "Parasympathetic" Sanctuary

To enter deep sleep, the brain needs to move into Rest & Digest.. Cool, desaturated colors (Greys with blue undertones, Sage, or Deep Navy) signal the brain that the "sun has set," helping the pineal gland produce melatonin.

2

IMPLEMENTATION: Low Contrast

Low Contrast: Keep the color palette "analogous" (colors next to each other on the wheel). High contrast (like black and white) keeps the brain "alert"—the opposite of what you want for sleep.

3

The "Vagus Nerve" Palette

Use your Relaxation Color on the ceiling. When we lie down, the ceiling becomes our primary visual field; soft, dark colors here create a "womb-like" security.

WHY YOUR ART & DECOR MATTER

Your brain is constantly scanning your environment to determine if you are safe, alert, or tired. Through neuro-aesthetics, we know that certain color wavelengths impact the endocrine system, heart rate, and cortisol levels. This guide helps you apply your Color Protocol results to your physical world.

NEW NEW NEW NEW

GOALS:
Oxytocin release and verbal fluidity.

COLORS: Sage greens, muted greens and greys and muted purples and steel blues

ART:
spatially roomy compositions, double subject matters, hypnotic messaging

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Somatic art prioritizes the physical sensations and experiences of the body in a way that stimulates a deep, visceral response.

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ART MATTERS!

Your bedroom art should create a calm sanctuary, focusing on soothing themes like nature or pieces with a great deal of negative space.