

# ART & DECOR FOR YOUR NEUROBIOLOGY

## The Bedroom

### 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.

### 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.

### 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.

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### 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.