Room Layout Planner for Focus

Optimize your child's study space using environmental psychology research

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TEMPERATURE
68-72°F (20-22°C) — cognitive performance drops outside this range

LIGHTING
300-500 lux — natural light preferred; supplement with cool-white LED

NOISE LEVEL
Below 50 dB — equivalent to a quiet library

HUMIDITY
40-60% — dry air causes fatigue and discomfort

Environment Optimization Checklist

- ☐ **Desk faces a wall or window, not the room entrance** — Facing the door invites distraction. Facing a blank wall or nature view improves focus.

- ☐ **Chair supports feet flat on floor or footrest** — Dangling feet increase restlessness. Ergonomic positioning improves sustained attention.

- ☐ Desk surface is clear except for current task materials

- ☐ No screens visible that aren't being used for the task

- ☐ Clock or timer visible without reaching for phone

- ☐ Supplies organized within arm's reach (no getting up to find things)

- ☐ **Room color is cool-toned (blue, green) rather than warm (red, orange)** — Cool colors promote calm focus. Warm colors increase arousal and restlessness.

- ☐ Natural light source available, positioned to avoid screen glare

- ☐ White noise machine or noise-canceling headphones available

- ☐ Temperature control accessible (fan, heater, layers)

COMMON PROBLEM	QUICK SOLUTION
Too much visual clutter	Use closed storage. Clear desk completely before each session.
Sibling noise / interruptions	White noise machine + 'do not disturb' sign on door
Uncomfortable chair	Invest in adjustable chair or use a wobble cushion for active sitting

COMMON PROBLEM	QUICK SOLUTION
Too dark / harsh lighting	Add a desk lamp (4000–5000K color temperature) to supplement overhead
Room too warm	Small desk fan + cooler clothing. Heat is the top environmental focus–killer.
No dedicated study space	Create a portable 'study kit' (desk mat, supplies, headphones) that defines the workspace anywhere

> Let your child help design their space. Kids who have ownership over their environment are more likely to use it. Ask what helps them focus, then build around that.