

# The Non-Toxic Bedroom Checklist

*A room-by-room checklist from Embr — an independent, no-affiliate research publication on sleep-environment chemistry.*

**What "non-toxic" actually means:** not a guarantee of zero chemicals (impossible), but **fewer avoidable sources and better ventilation** in the room where you spend a third of your life. Progress, not perfection.

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## The mattress (largest soft furnishing in the room)

- Check the **law tag** for "glass fiber / fiberglass / silica" — and never unzip a fiberglass cover.
- Know what your certification covers (CertiPUR-US = **foam only**, not the fire barrier or cover).
- Air out any new mattress 48–72h before first use.

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## Bedding & pillows (the overlooked surfaces — closest to your face)

- Prefer natural fibers (cotton, wool) where you can.
- Wash new bedding before first use to shed finishes.
- Use a washable mattress protector instead of disturbing the mattress cover.

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## Furniture & flooring (sources people miss)

- Let new pressed-wood furniture and foam pieces off-gas before they enter the bedroom.
- Be mindful of stain-resist / flame-retardant treatments on upholstered pieces.

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## The air itself (the most underrated intervention)

- Ventilate with real fresh air** — crack a window or run a fan that draws outside air, not just HVAC recirculation.
  - Closed bedrooms accumulate emissions overnight; modest air exchange measurably lowers what you breathe.
  - For sensitive groups, consider **activated-carbon** air purification.
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## The honest framing

You don't need to gut your bedroom. The highest-leverage moves are the cheapest: **know what your mattress is made of, don't open a fiberglass cover, and ventilate.** Everything else is incremental.

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*The full reasoning — why the bedroom is a distinct chemical environment, and what each source actually contributes — is at [embrsleep.com/articles/non-toxic-bedroom](https://embrsleep.com/articles/non-toxic-bedroom). We take no affiliate commissions.*

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