

5 Reasons People Love Minimalist Design in the Bedroom

It was not long ago that interior decorators were relying on bold, beautiful colours and bulky furniture pieces to add character to spaces in the home. And of course, who can forget Victorian-era decoration with its busy patterns and equally busy furniture? Today, minimalism is in.

Minimalist interior design is all the rage throughout every area of the home in 2019. It is especially apropos in the bedroom, where more and more people are looking for an uncomplicated space where relaxation and rest is the priority. Even people with otherwise non-minimalist homes are turning to minimalism in the bedroom. Below are five reasons explaining why.

1. It Fits the Minimalist Mindset

The first reason should be the most obvious: minimalist interior design fits the much broader minimalist mindset that seems to have taken hold in many parts of the Western world. The minimalist mindset is one that says less is more. It is a mindset that finds joy and pleasure in things other than objects.

Adapting the minimalist mindset to the bedroom leads to a generally uncluttered space where the space itself is not the focus. Minimalism allows you to put the focus on something else, whatever that might be for your purposes – be it the warm natural lighting or the view into the garden.

2. It Tends to Be More Affordable

Because minimalism places such little emphasis on objects, it tends to be more affordable as an interior decorating strategy. Take the bed for example. A genuine leather bed is something that might not fit well with the minimalist mindset due to the expense and perceived attachment to excess that comes with it.

On the other hand, a [faux leather bed](#) offers the same inherent beauty without the expense. You can complement nicely with a few well-chosen pieces and leave it at that. By going minimalist, you are not spending a fortune on furniture, accessories, and accent pieces.

3. It Encourages Relaxation

Many people who adopt the minimalist mindset remark about how laid back and relaxed their lives are. They are not tied down by stuff. They do not feel like they are working just to buy more stuff to fill up their homes. As such, they feel a lot more relaxed at home.

This benefit of minimalism translates extremely well into the bedroom. Remember that the bedroom serves primarily as a place of rest. Anything you can do to promote rest and relaxation should make it easier to consistently get good sleep, which is something minimalist interior design does very well. Neutral colours, clean lines, and uncluttered spaces are perfect for encouraging the kind of environment you want in the bedroom.

4. It is Enduring

Design trends come and go. What's hot today is not necessarily even lukewarm tomorrow. The one exception here is minimalism. Even though the broader minimalist mindset is a more recent trend in modern culture, minimalist design has been around for as long as humanity has been decorating interior spaces.

Sometimes people are forced into minimalist interior decorating simply because they cannot afford to do anything more. Others fall back on minimalism because they are working with smaller spaces that will not work any other way. Still others embrace it simply because they love the look minimalism presents and the emotions it evokes.

The point is that minimalism in the bedroom doesn't go out of style. Colour schemes may change; furniture design may shift slightly. But as a design strategy, minimalism continues to endure just as it has for centuries.

5. It is Easily Portable

Minimalism is a style that fits very well with just about any bedroom in any home. Better yet, a minimalist style is easily portable. By that we mean a homeowner having to move to a new house can easily move the limited amount of furniture and decorations without having to worry about whether or not they will work in the new home. The beauty of minimalism is that it works anywhere.

The master bedroom in the new home may need a new coat of paint. It might need a few other cosmetic touches here and there. But because what the homeowner is adding to the space is minimalist by design, the transition will be seamless.

What do you think? Is minimalism your favourite interior design style? For many people, it is the perfect style for the bedroom. Minimalism is affordable, enduring, easily portable, and effective at reducing stress and encouraging relaxation.