

The power of making your bed in the morning

February 4, 2015 | 21 upvotes | by [AmericanNazi](#)

How many times have you gotten ready to go to bed and gotten ticked off because your covers are all over the place? For a long time I wouldn't make my bed and every night I would get frustrated, stressed, pissed for only a few seconds simply trying to get under the covers. Sounds familiar? Recently I have been making my bed every morning and after afternoon naps. The results..... I'll quickly jump under the covers and say boy that feels great!! It's like a feeling of instant relief! I have been getting better sleep too. Maybe it's a placebo effect. So have you made your bed today?

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Comments

[deleted] • 18 points • 4 February, 2015 03:39 AM

Not a placebo effect. There's a good lesson to be had by doing this.

AmericanNazi[S] • 2 points • 5 February, 2015 04:41 AM

Really enjoyed that link cheers

Conflucenced • 6 points • 4 February, 2015 04:27 PM

Having the benefit of living in Silicon valley in the heart of the Cloud race, I get to knock boots with lots of executives.

There is a few fraternal organizations I've been invited into. Every single one of them says to make your bed in the morning. It begins a ritual that stacks into your other actions, kickstarting the day.

Ithawashala • 1 point • 8 February, 2015 09:13 AM

Cloud race?

TwoThirteen • 4 points • 8 February, 2015 12:48 PM

Cloud computing.

I_like_big_titays • 6 points • 4 February, 2015 07:18 PM

I used to not make my bed. Then one day while deployed to a shit hole in africa I pulled my sheets back to find a very large rat eating a spider.

I make my bed every day now.

RiverRatRambler • 2 points • 12 February, 2015 11:53 PM

Tight, neat and wrinkle free.

SergeantDickhead • 3 points • 4 February, 2015 04:17 AM

I never make my bed, using elastic pieces and Velcro I have come up with a system to where the bed makes itself.

KeineG • 2 points • 4 February, 2015 04:31 PM

Costanza?

SonofLelith • 3 points • 4 February, 2015 08:20 PM

Well, making the bed makes for a better place for bacterias to grow. Look it up if you like. Letting air and light onto the sheets is better.

But yeah, making the right everyday choices like keeping your teeth clean, work out and keeping your place tidy will have very positive long term effects on you and how you live. So while your example was...off, your point is valid.

[deleted] • 2 points • 8 February, 2015 11:50 PM

Are you really concerned about bed bacteria? Your keyboard is one of the filthiest surfaces known to man...

SonofLelith • 2 points • 9 February, 2015 08:28 AM

I never said I was. Besides, having two things to mind does not mean you should overlook the least dangerous of the two, it means you should mind both.

[deleted] • 0 points • 11 February, 2015 08:00 PM

Obviously it depends. If one is completely insignificant compared to the other, the degree to which it should be minded should be rationally proportional. It just makes me laugh when people care about the sanitary condition of X,Y or Z when they touch something so unsanitary so often and yet we don't get sick. It makes worrying about it in general mostly futile.

AZTRP • 1 point • 11 March, 2015 10:08 PM

making your bed **and washing the sheets regularly**

crackadillicus • 2 points • 4 February, 2015 09:40 PM

A friend once put it well, making your bed is the least amount of effort that elicits the greatest effect in making your room seem cleaner.

Also, it impresses girls

AmericanNazi[S] • 2 points • 5 February, 2015 04:42 AM

Making your bed is the 1st step to conquering the day

HappyNacho • 1 point • 9 February, 2015 10:28 PM

Yes, it's very good. Really kickstarts your day and prevents from going back for 5 more minutes.

RiverRatRambler • 1 point • 12 February, 2015 11:55 PM

There isn't much that brings me more satisfaction than a well made bed, especially with fresh sheets.

fordmarkII • 0 points • 8 February, 2015 12:20 PM **[recovered]**

Generally, the better your bed is made, the better quality of sleep you can achieve.

94redstealth • 1 point • 1 March, 2015 08:08 PM

I disagree, as a tall person, a very well made bed is beyond annoying. The tucked sheets at the foot of the bed applies force to my feet in an unnatural way that is very distracting and makes relaxing difficult.

edits- grammar

fordmarkII • 1 points • 7 March, 2015 01:19 PM **[recovered]**

I said generally, and I've never tucked in my sheets, or anybody's ever, at the foot of the bed ever. I'm not used to that and neither are the any of the people I've lived with before.

Try a longer bed perhaps.

94redstealth • 1 point • 10 March, 2015 02:46 AM

I spent 6 years on a California King, there are no bigger beds to try

31337z3r0 • -3 points • 4 February, 2015 04:14 AM

This doesn't make any sense at all to me.

ryumast3r • 3 points • 4 February, 2015 05:59 PM

It's all about starting your day and ending your day in a way that makes you happy. It's like wearing nice clothes, people notice, sometimes they compliment you. Sometimes it's just for you. Regardless, wearing nice clothes can be a huge morale booster to start the day, just like making your bed can be a huge boost at night.

It also starts a routine that gets you into the habit of doing little things, things that people notice and make you feel better.

teakettle3 • -5 points • 4 February, 2015 03:35 PM

No.

3G6A5W338E • -4 points • 4 February, 2015 11:36 AM

Never.

Let it air, instead.