

Special Issue: Guide to Navigating Life in Northeast Florida During the COVID-19 Outbreak

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Remote Refresh

THE CASE
FOR DESIGNING
A QUIET ROOM



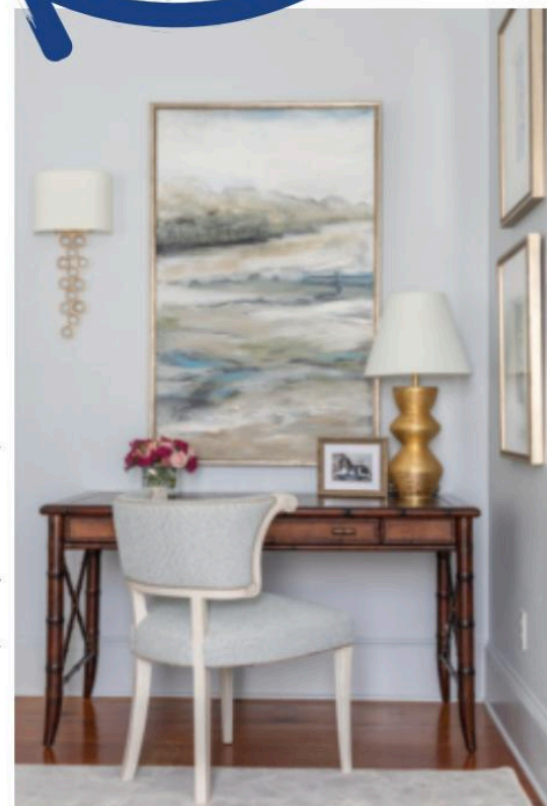
With more people working remotely than ever, the case for carving out a calming, comfortable room in your home—one in which you can WFH or just, you know, escape for a while—has never been so apparent. Interior designer Rachel Cannon specializes in that very particular niche: designing spaces in which introverts can rest, recharge and be free from distractions. “Only when there is this much-needed quiet time can introverts produce their best work and show up in their lives the way they really want to,” says Cannon. Here, Cannon offers her tips on designing a functional quiet space.

DECIDE WHICH ROOM WILL WORK BEST TO TURN INTO A WFH SPACE OR QUIET ROOM.

“Look for low-traffic areas in your house, perhaps a guest room, office, sitting room—a place that doesn’t get much use,” says Cannon. “Once you clean that space out, be selective

about what you bring in your quiet room—clutter is not quiet.”

Perhaps most importantly, the room you select to use as an in-house office or quiet space should be one that’s somehow separated from the rest of the house—either by walls or partitions of some kind. “Not all of us function well when we’re in the kitchen cooking, yet hear the TV blasting in the living room, and our children lamenting over homework in the dining room,” says Cannon. “Open floor plans have created a culture where people think they have to be 100 percent together, 100 percent of the time. This often means introverts are sacrificing precious energy in order to avoid being thought of as antisocial when they want to retreat. If we unapologetically take time to be in our quiet room and restore our energy, we’ll be able to give our best selves to the work we produce—and, most importantly—our families.”



Words by Sam Lyster / Photos by Jessie Preza





**DETERMINE
HOW THE
ROOM WILL
MOST OFTEN
BE USED.**



"It's not always about specific types of furniture that are 'required' but really about what the quiet room looks like for each individual person," says Cannon. "Some people like to read, while others find art as a creative outlet."

GET ORGANIZED.



Don't be afraid to seek your inner Marie Kondo, evaluating your belongings and determining which hold the most meaning to you. "Maybe it's a grandmother's afghan, or an antique you acquired from your dream trip to Europe," she

says. "Don't worry about the current fads or trends on Pinterest or what others think—this is your space, and surrounding yourself with what you love means you'll feel like you're walking into a hug every time you open the door."

GET THE LOOK

CANNON'S GO-TO LIST OF NECESSARY ITEMS FOR A QUIET ROOM

• **COMFY CHAIR.**

Upholstered linen armchair, \$1,480, *Sweetpea & Willow*

"I find that a comfortable chair or chaise lounge can be a gamechanger when it comes to kicking up your feet and relaxing."

• **DAYBED.**

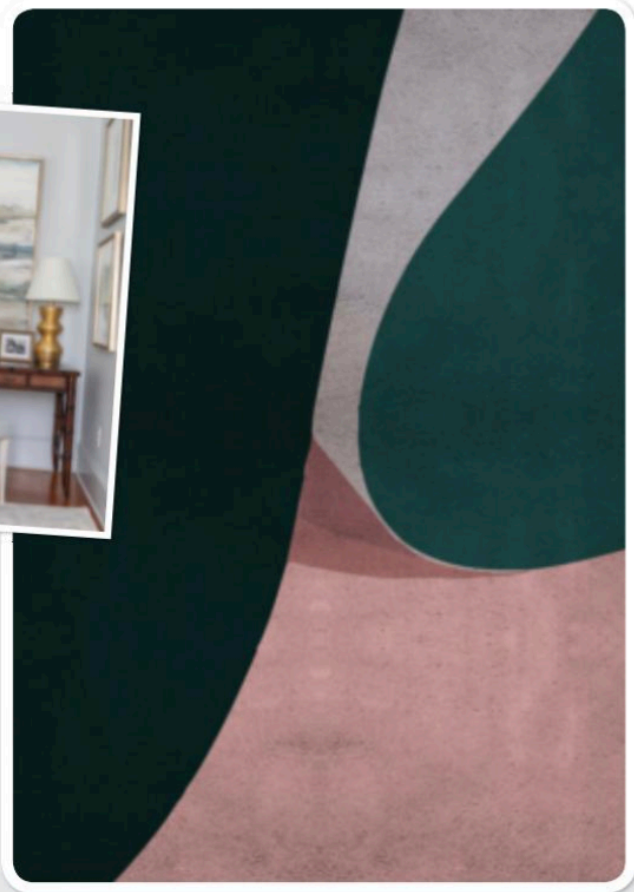
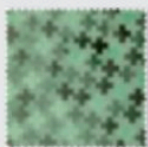
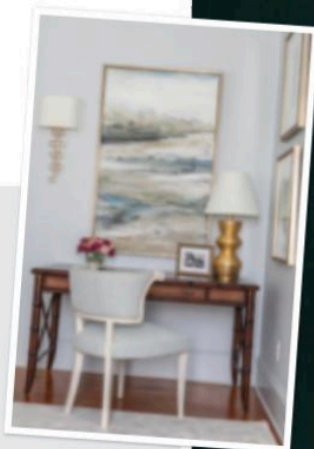
Bamboo day bed, \$1,230, *Idyll Home*

"If you're using a guest room as a quiet room, if you rarely have guests, consider a daybed for its multi-purpose capabilities—is it a bed or is it a sofa? It's both!"

• **PERFORMANCE FABRICS**

Geometric plus sign fabric, \$84 per yard, *Yorkshire Fabric Shop*

"In terms of upholstery, select a fabric that is comfortable. If it's easily stained, super delicate or perhaps scratchy, you won't truly feel comfortable on the piece."



• **STORAGE SOLUTIONS.**

Empty pockets tray, \$88, *iWood Design*
Rattan basket, \$105, *Sweetpea & Willow*

"Introverts will not be able to relax in a 'junk room' and if it's your husband's 'man cave,' that doesn't really do the trick either."

• **SOFT TEXTURES.**

Modern grain wallpaper, \$85, *Mineheart*
Oversized rug, price upon request, *Rug Society*

"Soft textures like carpet, textiles, drapes and upholstered walls dampen sound. Think of a recording booth—they're so insulated it almost sounds like you're in a vacuum."