Ariane Erlicher

Interior Architecture

London Metropolitan University

Dissertation Abstract

**#Bedinspiration**: on autonomy, control and sleep.

We subordinate to the digital world of limitless stimulation, connected to a control booth that makes work and leisure undistinguishable.  Bedrooms constitute the basis for a routine that supports stability and self-control. Its essence shouldn’t be neglected: if it loses its meaning and function, we all lose autonomy in life. This piece takes the bedroom as a key space to observe the psychological mechanisms of the current domestic experience.   
  
 ***#Bedinspiration*** praises the bedroom as a shelter for escapism that should allow for introspection and must be shielded. In the context of a hectic digital era, suffocated by the pressures of endless connectivity, humans are struggling to unwire and to be alone.  This dissertation sheds light on the agents of power that are trespassing our intimate experiences and trying to manipulate our autonomy and habits for their own benefit. Throughout this paper, personal narrations and new architectural theories are intertwined with 20th century philosophies that are impressively resonating today. Each chapter is underlined by the precepts of various thinkers like Gilles Deleuze. In his essay “Poscript on the Societies of Control”, it is suggested that new weapons are to be found to emancipate ourselves from intrusive external forces.   
  
 ***#Bedinspiration*** represents a quest to take back ownership of our privacy and autonomy, starting from a fragile place: our beds. Examples like the theory of the ‘new horizontal architecture’, the twisted new concepts of domestic luxury and the testimony of life in a monastery will emphasis the importance of authentic rituals and habits. The ultimate aim of this piece is to suggest that the sacredness of bedrooms should be cultivated in order to escape from an over-stimulating society that trespasses our private realms. Values like simplicity, serenity and the devoted respect to circadian rhythms can become powerful tools.