



THE SANCTUARY METHOD

HOME HEALTH SCORECARD

Is your home helping your body heal—or quietly draining your energy?

This scorecard helps you find out. Rate your space using the 5 pillars of the Sanctuary Method™. You'll discover how your home supports (or sabotages) your well-being.

★ *Some items are more critical to health and are weighted more heavily.*

Instructions:

Rate each item below using:

- 0 = Not at all •
- 1 = Rarely •
- 2 = Sometimes •
- 3 = Consistently

(Items marked ★ are worth 5 points max)





PILLAR 1:

WHAT YOU BREATHE, DRINK & ABSORB AIR, WATER, LIGHT, EMFS, TEMPERATURE

	★ I use a HEPA air purifier in my bedroom or most-used rooms (0–5)
	★ My drinking water is filtered for lead, chlorine, and PFAS (0–5)
	I've reviewed or tested my water source for contaminants (0–3)
	I avoid reheating food in plastic or overusing the microwave (0–3)
	★ I turn off Wi-Fi at night and keep wireless devices away from beds (0–5)
	★ I've reduced or shielded high-EMF sources in sleep and rest areas (0–5)
	I get 5–10 minutes of natural morning light daily (0–3)
	I limit bright and blue light in the evening to support melatonin (0–3)
	★ My bedroom is cool, dark, and quiet—ideal for deep sleep (0–5)
	I maintain indoor humidity between 40–50% to protect lungs and limit mold (0–3)
	★ I ventilate during cooking—using a hood or opening windows (0–5)
	I rotate and check pantry items to prevent spoilage and contamination (0–3)
	I use a MERV 11–13 filter (if my HVAC allows) and change it regularly (0–3)
	★ I use a monitor to track fine particles (PM2.5) and ventilate (0–5)

YOUR TOTAL FOR PILLAR 1: _____ / 60





PILLAR 2:

KEEPING TOXINS OUT

MOLD, CHEMICALS, PLASTICS, VOCs

	★ I check for moisture and leaks regularly and fix them immediately (0–5)
	★ I've inspected common mold zones: basements, bathrooms, under sinks (0–5)
	I use fans or dehumidifiers where moisture collects (0–3)
	I clean with non-toxic, fragrance-free products (0–3)
	I avoid air fresheners, plug-ins, and synthetic candles (0–3)
	I've reduced or avoided furniture and materials that off-gas chemicals (0–3)
	★ I've tested for radon or volatile organic compounds (VOCs) (0–5)
	I wash new clothes or bedding before using (0–2)
	I avoid dry cleaning chemicals or let items off-gas before use (0–2)
	I store cleaning products away from bedrooms and living areas (0–2)
	I've replaced nonstick or toxic cookware (like Teflon) with safer options (0–3)
	Dryer and bathroom fans exhaust air outside (0–3)
	Carbon monoxide alarms are installed in sleeping and living areas (0–3)
	★ I've monitored for carbon dioxide (CO ₂) while sleeping and working (0–5)

YOUR TOTAL FOR PILLAR 2: _____ / 51





PILLAR 3:

MOVEMENT & FLOW

CLUTTER, LAYOUT, CIRCULATION

	My walking paths in main areas are clear and open (0–3)
	I regularly clear counters, nightstands, and visible clutter (0–3)
	I’ve organized drawers or cabinets to reduce daily friction (0–2)
	My furniture layout allows energy and people to move easily (0–3)
	I open windows or doors regularly to refresh the air and energy (0–2)
	I’ve cleared corners or areas where dust or energy feels stagnant (0–2)
	Closets and storage spaces feel orderly—not overstuffed (0–2)
	I can quickly find what I need in the kitchen and bathroom (0–2)
	At least one room feels minimalist, peaceful, and open (0–3)
	I have a donation bin next to the trash and recycling to make letting go easy (0–2)
	Entryways and transitions between rooms are uncluttered (0–2)
	I’ve created a quiet, low-EMF space for reflection or rest (0–3)
	I have at least one outdoor space where I can sit, feel grounded, and breathe (0–3)

YOUR TOTAL FOR PILLAR 3: _____ / 35





PILLAR 4:

SENSORY & NERVOUS SYSTEM SUPPORT LIGHT, SOUND, TEXTURE, SCREENS

	I've created a screen-free zone in my home (0-3)
	I use warm, dim lamps (not overhead lights) in the evening to wind down (0-2)
	I reduce background noise from electronics or appliances (0-2)
	I use soft, calming textures like blankets or natural rugs (0-2)
	I've included living elements (plants, wood, stone, natural light) (0-2)
	My home includes sensory anchors like sound, scent, or touch (0-2)
	I play calming music or nature sounds to regulate the mood (0-2)
	I've tuned my sleep space to reduce unwanted light—whether through curtains, covers, or intentional placement (0-2)
	I reduce or block small lights from electronics in sleep areas (0-2)
	I've removed or relocated items that carry stress, clutter my mind, or no longer feel good to see (0-2)
	I spend intentional time without screens each day (0-3)
	I have at least one space that feels emotionally safe and deeply restful (0-3)
	I have a space that invites love—whether for myself, others, or something greater (0-3)

YOUR TOTAL FOR PILLAR 4: _____ / 30





PILLAR 5:

RHYTHM, RITUAL & RESTORATION

SLEEP, RITUAL, NATURE, EMOTION

	I wake and sleep around the same time most days (0–3)
	I have a calming morning or evening ritual I return to often (0–3)
	I intentionally limit screens and bright light before bed (0–3)
	I go outside regularly—or sit near a window—to reconnect with nature (0–2)
	I have a small shrine or altar that centers beauty, love, or meaning (0–2)
	I protect quiet time for rest, reflection, or doing nothing (0–2)
	I check in with how each room makes me feel—emotionally and energetically (0–2)
	My bedroom invites deep restoration through stillness, comfort, and calm (0–3)
	I reduce stimulation at night—dim lights, silence, no notifications (0–2)
	I unplug from work/emails during certain hours or in a certain space (0–2)
	I start the day slowly—with intention, quiet, or movement (0–3)
	I have a seasonal ritual or practice that helps me reset and align (0–3)

YOUR TOTAL FOR PILLAR 5: _____ / 30





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Your Total Sanctuary Score: _____ / 206

What Your Score Means:

1170–206 - Your home is a powerful ally. You've built something beautiful—keep tuning in.

110–169 - You're on the path. Start with your lowest-scoring pillar or one ★ item.

Below 110 - Your space may be adding stress quietly. Choose one small shift—every improvement matters.

Your home and your health evolve with the seasons. Revisit this scorecard each quarter—or anytime your body or mood feels off. Let your space support you, not drain you.



Need help testing your air, water, or checking for mold, and live in Central Virginia?

We're here to help you turn your home into a healing ally.

If you live elsewhere, we can help too

At Tune My Space, we help health-conscious homeowners and professionals transform their living environments into supportive, healing spaces using the Sanctuary Method™—our 5-pillar framework for whole-home wellness.

From air and water quality to sensory design, EMFs, clutter, and natural rhythms, we bring together the science of building biology, the art of intentional living, and the wisdom of body-centered health.

Whether you're facing chronic symptoms, supporting a sensitive family member, or simply want your home to feel more alive and restorative, we guide you in making changes that matter.

We offer:

- **Virtual home wellness consultations** tailored to your unique concerns
- A growing library of educational content on **YouTube and our site**
- Our **upcoming Sanctuary Method™ online course**, teaching you how to evaluate and optimize your home room-by-room
- Trusted product recommendations and guidance backed by real-world fieldwork—not just theory

This isn't about perfection. It's about making your home a true partner in your healing.

"Your space should nourish you—not drain you. Let's start tuning it."

www.tunemyspace.com