

NO PLACE LIKE HOME (OFFICE)? UPGRADE YOUR WORKSPACE

Whether you're working from home a little or a lot, it's important to take a little time to make sure your setup actually *works*. We've consulted with the experts who outfit corporate HQs to provide a quick list of the essentials (and some high-value optionals) for a home office set-up that will keep you motivated and comfortable.

We've also linked sample products in each category that our Home Office Makeover winners chose for their own upgrades!

FUNDAMENTALS

Nothing on this list will surprise you, but there's a big difference between "technically a chair" and something worth spending half of your waking hours in.

- Desk – If you have the space for a desk, there are [great options](#) no matter your budget. [Standing desks](#) or [add-ons](#) are also a popular option.
- Monitor – If you work on a laptop, a [monitor](#) is a must-add (for the sake of your back and productivity). There are even [portable and space-efficient ones](#).
- Chair – You don't need to spend four figures for a good chair. Here are some accessible options. If you can, try out chairs before buying – every body is a little different! If you like your chair but have discomfort, add a [seat or back cushion](#).

ERGONOMICS

Odd as it sounds, spending hours a day at a desk takes a toll on your body. A few additions can reduce pain and avoid injury for your wrists, back, neck, and eyes:

- Foot Rest – Desks aren't ideally sized for everyone; a foot rest can reduce discomfort over time, and a rocker will boost circulation.
- Wrist Rest- Wrist, hand, and forearm pain are common ailments for computer-based professionals, but don't have to be. [And you can add some personality!](#)
- Monitor Raiser – Encourage less painful posture for a [modest spend](#). Want to spend nothing? Pile up books or boxes! Andrea liked [this one](#) with a whiteboard.
- Blue Light Filter – Some people swear by these filters for reducing eye strain and headaches. Yazmin picked [one that's easy to add to her laptop](#).

TECHNOLOGY

No doubt you already have a keyboard, mouse, and headphones – but are they helping make your work easier and less onerous? They could be!

- Wireless Keyboard & Mouse – These let you place your peripherals where your hands naturally rest. If wrist or hand pain are issues, check out an [ergonomic keyboard and mouse](#).
- Headset – For long workdays, we recommend a headset with a [good mic](#), comfortable outer-ear fit, and possibly [noise cancelling](#) functionality.
- Docking Station – For a tidier, cord-friendly workspace, we recommend a docking station, like [this one Andrea picked out](#) that doubles as a raiser.

AMBIENT CONDITIONS

These are the things most often overlooked, but they're also the things that organizations and offices put big budgets into – because they're what give a space personality, and shape how people feel at work. You have the same opportunity to shape how you feel while working with:

- Art – This can be anything that inspires or affirms you, or looks great (but is reasonably work-suitable) in a web camera background.
- Desk Accessories – Pencil cups, stationary, stickies – equip your desk with anything you would use weekly, but skip things you use less than that (unless you're 100% remote). Andrea combined art, accessory, and mouse pad with [this pick](#).
- Lamp – Use lighting to reduce eye strain and be clearer on video – or add personality to your desk, [like Briana did](#).
- Rug – Ok, this is super optional, but it can set up [smoother movement for your office chair](#), add tactile comfort for your feet, and define your workspace .
- Plants – Having plants in sight while working really can [boost your work](#) and mood. Don't want to water them? Even [faux-greenery](#) can help.

HOME OFFICE MAKEOVER SHOPPING LISTS

Curious what our Home Office Makeover winners picked for themselves? Here are their picks, with links to check them out yourself.

Item:	Specifics:	Price:	Where?	Winner:
Chair	Bowery Mgmt Chair	\$335	Laura Davidson Direct	Andrea
Chair	Flash Ergonomic Office Chair	\$160	Amazon	Brianna
Chair	SIDIZ T50 Desk Chair	\$359	Amazon	Yazmin
Desk	Teraves L-Shaped Desk	\$170	Amazon	Brianna
Standing Desk	Original Adjustable Standing Desk	\$150	Mashable	Yazmin
Monitor	Sidetrak	\$330	Sidetrak	Yazmin
Monitor Stand	J5create Monitor Stand	\$120	Best Buy	Andrea
Seat Cushion	Purple Ultimate Seat & Back Cushion	\$151	Purple	Andrea
Desk Pad	Large Desk Pad	\$50	The Modern Stationary	Andrea
Docking Station	Lention USB-C Docking Station	\$110	Lention	Andrea
Keyboard & Mouse	Bluetooth Keyboard and Mouse combo	\$60	Jelly Comb	Brianna
Keyboard & Mouse	Dell Keyboard and Mouse Combo	\$75	Dell	Yazmin
Headphones	Cowin E7 Noise Cancelling Headphones	\$100	Amazon	Andrea
Headset	TaoTronics Bluetooth Headset	\$50	Amazon	Brianna
Headset	BlueParrott B55-XT Noise Cancelling Headset	\$182	Amazon	Yazmin
Wrist Rest	Wrist Rest & Mouse Pad	\$16	Amazon	Brianna
Foot Rest	Everlasting Comfort Desk Foot Rest	\$33	Amazon	Brianna
Foot Rest	Humanscale Foot Machine	\$72	Amazon	Yazmin
Blue Light Filter	Ocusshield Blue Light and Privacy Filter	\$40	Amazon	Yazmin
Lamp	Safavieh Office Lamp	\$60	Amazon	Brianna
Desk Set	Multibey Marble Stationary Set	\$25	Amazon	Brianna
Chair Mat	Barbury Chair Mat	\$90	Wayfair	Andrea
Throw Rug	Ombre Ocean Throw	\$82	Huckberry	Andrea
Plant	Mkono Artificial Succulent	\$30	Amazon	Brianna