The Nakamura way

1. **Lie down and look up.** Lie in your bed tonight, in the spot where you sleep. Look at everything above you and within a few feet of you. Ask one question of each thing: “If the room shook hard, could this land on me?” Make a short list.
2. **Clear the wall above your head.** Take down any heavy picture, mirror or shelf over the bed. Hang it somewhere else, away from beds and chairs. If you want something there, choose something soft and light, like a quilt, a cloth hanging or an unframed print.
3. **Move the bed away from the window if you can.** Even a few feet helps. Beds are heavy, so get help for this one. If the bed has to stay near a window, close the curtains at night.
4. **Deal with tall furniture near the bed.** Move a tall dresser or bookcase so it can’t fall across the bed. If it has to stay, strap it to the wall. Chapter 23 shows you how. Keep heavy things off its top.
5. **Tie the bedside bag to your bed.** This is the bag from Chapter 6’s Tonight box. Put sturdy shoes and a pair of socks in it, with a flashlight or a headlamp. Add your spare glasses in a hard case, a whistle, a dust mask and a pair of work gloves. Close it, and tie it to the bed frame on the side you get out of bed. The Red Cross calls this a bed kit, and it suggests the same basic things.
6. **Keep your helpers close.** If you use a cane or a walker, keep it within reach of the bed at night, where it won’t fall on you. If you wear hearing aids, keep them in a case on the nightstand, in the same spot every night.
7. **Clear the path to the door.** Walk from your bed to the bedroom door with your flashlight. Move anything you could trip on, like a basket, a cord or a loose rug. Make sure nothing tall could fall across the