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WORK · HOME OFFICE · UPDATED NOVEMBER 2026

Home office setup checklist

The 10 upgrades on our list, a simple setup guide and a checklist to make working from home more comfortable.

The 10 upgrades at a glance

#	Product	Best for	Type	What it helps with
1	Steelcase Series 2	Best chair overall	Ergonomic chair	Long stretches of sitting with adjustable lumbar support
2	FlexiSpot E7 Pro	Best standing desk	Sit-stand desk	Switching between sitting and standing
3	Dell S2725QC	Best monitor upgrade	27-inch 4K monitor	A bigger, sharper screen on one USB-C cable
4	Logitech Brio 500	Best webcam for calls	1080p webcam	Video calls in changing light
5	Sony WH-1000XM6	Best for a noisy house	Noise-cancelling headphones	Focus and calls around household noise
6	Logitech MX Keys S + MX Master 3S	Best keyboard and mouse	Keyboard and mouse	Long typing days
7	Ergotron LX	Best monitor arm	Monitor arm	Getting the screen to eye level
8	BenQ ScreenBar Halo 2	Best desk lighting	Monitor light bar	Glare-free light for evening work
9	CalDigit TS4	Best one-cable setup	Docking station	Plugging a laptop into everything at once
10	Sihoo M57	Best budget chair	Budget ergonomic chair	Back support on a tight budget

Where to start

You don't need all 10. Most people feel the biggest difference from the chair, the screen height and the lighting. Start there, then add the rest as your budget allows.

A simple desk, chair and screen setup

General guidance for comfortable desk work. Adjust for your own body and what feels right.

CHAIR

- Sit with your feet flat on the floor or on a footrest.
- Keep your knees at about hip height.
- Use the lumbar support so your lower back is supported, not arched.
- Sit back in the chair rather than perching on the edge.

DESK AND KEYBOARD

- Keep your elbows close to your sides, bent at roughly a right angle.
- Keep your wrists straight while you type, not bent up or down.
- Keep the mouse close to the keyboard so you don't reach for it.
- If you use a standing desk, set the same elbow height when standing.

SCREEN

- Put the screen about an arm's length away.
- Set the top of the screen at or slightly below eye level.
- Put the screen straight in front of you, not off to one side.
- On a laptop, raise the screen and use a separate keyboard and mouse.

LIGHT AND SOUND

- Avoid bright windows directly behind or in front of the screen.
- Light your desk without shining light onto the screen.
- For video calls, face the light rather than sitting with it behind you.
- Use headphones or a quiet room for calls and focused work.

HABITS

- Change position often, between sitting and standing if you can.
- Take short breaks to stand up and move.
- Look away from the screen at something far away from time to time.

If you have pain or discomfort when you work, speak to a health professional.

Your home office checklist

Tick off what you already have, then work through the rest.

COMFORT

- [ ] A chair with adjustable height and lower back support
- [ ] Feet flat on the floor or on a footrest
- [ ] Screen at or slightly below eye level
- [ ] Keyboard and mouse at elbow height
- [ ] A way to change position during the day

FOCUS AND CALLS

- [ ] A quiet spot, or headphones that block noise
- [ ] Light in front of you for video calls
- [ ] A webcam at eye level
- [ ] A tidy background on camera
- [ ] Notifications off during focused work

TECH

- [ ] One cable or dock for the laptop
- [ ] A surge-protected power strip
- [ ] Reliable Wi-Fi or a wired connection
- [ ] Automatic backups of work files

SPACE

- [ ] Desk lighting that doesn't glare on the screen
- [ ] Cables tidied away from your feet
- [ ] Storage so the desk stays clear
- [ ] A door or divider to separate work from home

See the full list online

All 10 upgrades, with who each one suits.

pickwiseguides.com/work/home-office-upgrades

Open the list