

# POPSUGAR

## Cassandra Boduch, MD, of PsychPlus Quoted on “Bed Rotting”

The term "bed rotting" essentially involves staying in bed all day by choice, says **Cassandra Boduch, MD**, a psychiatrist and chief medical officer at **PsychPlus**. Staying home in bed, sick with the flu or a twisted ankle, doesn't qualify, she explains. Instead, bed rotting consists of passive or unproductive activities, like watching Netflix or online shopping, and taking the entire day off to fully relax and rejuvenate from your bed.

Popsugar › Health & Fitness › Careers › What Is Bed Rotting, TikTok's Latest Self-Care Trend?

### Will Bed Rotting Actually Make You Feel Better?



28 July 2023  
by [ANDI BREITOWICH](#)

