

decor

Sleep on it

by BREN PETRUNICK
photos MIKE CHAJECKI

Snuggle up in style in a bedroom designed for comfort and *warmth*



While you might consider key furnishings such as a bed or dressing table to be the focal point in the bedroom, it's really the fabrics that take centre stage. Materials are a unifying feature in any room, but they garner a special significance in the bedroom, as they are both a design element and a functional necessity. Heading into the cooler months is when we feel the impact of bedroom fabrics the most.

As temperatures begin to plummet and hibernation mode sets in, we are tempted to spend more time nestled in our bed. Here are three tips if you're shopping for sheets, plush pillowcases and cold-weather covers.

Seasonal switch-up

The transition between seasons is an excellent signal to swap out your bedding. A refreshed bed scape will create a comfortable, cosy nest for sleeping, no matter what Mother Nature has in store for us. This is a great time to pack away your lightweight cottons and linens, and dress your bed in heavier, heat-retaining fabrics.

COTTON FLANNEL

If you tend to reach for flannel shirts and pajamas when the temperatures drop, flannel sheets might be right up your alley. This soft, mid-weight cotton has a fuzzy finish that comes from brushing or a loose weave. Flannel packs an extra punch of fluff to keep you toasty through the cooler nights ahead.

EGYPTIAN COTTON

If you want to surround yourself in warmth and luxury, Egyptian cotton is for you. Widely hailed as the most luxurious bedding fabric around, Egyptian cotton is the common name for the extra long staple (ELS) cotton produced in Egypt's unique climate, where cotton fibres grow longer than other cotton varieties.

With an unsurpassed reputation for exceptional quality, Egyptian cotton yields sheets with superior softness, durability and breathability. One touch of this exquisite fabric and you won't give the higher price tag a second thought.

Size matters

Selecting bedsheets that are the correct size for your mattress is critical to comfort. Loose sheets can become a tangled nightmare while you sleep, while sheets that are too tight put you in the middle of a wrestling match every time you wash your linens and make your bed. Also, mattresses come in a range of depths and dimensions and selecting the right size sheets can feel like a guessing game.



pro-tip:

Before you go shopping, measure your mattress depth. Standard sheet sets might not fit mattresses that are higher than 14 inches, and include your mattress pad or topper in your measurement, as the additional thickness needs to be considered. There are three common height ranges for fitted sheets: Standard, deep pocket, and extra-deep pocket.

Layer up

Dressing your bed for cooler seasons doesn't stop at sheets, pillowcases and a comforter. Layering is an effective way to give visual and physical warmth to a room. Add a mattress topper, extra pillows and throws in a variety of textures and textiles such as velvet, wool and chunky knits for more heat. Don't forget about plush area rugs underfoot and treatments for the windows. Heavier, coordinated drapery on your windows helps trap in heat and block out light, so you can hibernate in total comfort, while creating a cohesive esthetic.



It's all in the details

When designing a bedroom interior, it's easy to fixate on the bed as the focal point of the room. While this gets you off on the right track, you're just scratching the surface of what's

possible with bedroom design. The sum total of all the little details can make or break a room. And, in the case of a bedroom, luxurious, layered fabrics that are perfectly fitted to the space and the season can all but guarantee a good night's sleep.



*Bren Petrunick is the creative founder of award-winning Simply White Interiors. For two decades, the Niagara-based design firm provided stylish and uniquely personal interiors. Servicing Niagara, the GTA, and Ontario. swi.design
IG: @simplywhiteinterior*
