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Muted colours create a calm and relaxing haven.

Sleep sanctuary

Follow interior designer Claire Burrage's bedroom makeover and say goodbye to sleepless nights

ALWAYS REMEMBER

TEMPERATURE

Choose a comfortable temperature for you but as a guideline, the temperature of the room should be 20-22°C.

TIP: Air the room when possible. Some people like their window open to allow fresh air in to the space whilst sleeping.

YOUR SENSES

Smell: Lavender and/or jasmine scented candles, diffuser, sprays, bags

Taste: Chamomile or peppermint tea or warm milk

Touch: Comfortable, loose fitting night wear and bedding. After cleansing your skin, apply rehydrating night face cream and body lotion

Sound: Calm, relaxing music or nature

Sight: Clear, clean space. Warm and subtle lighting. Heartwarming personal accessories. Complete darkness for sleep.

The one room in your home which deserves and requires 100 per cent selfish indulgence is your bedroom. Your sleep sanctuary can be created easily and should be of the highest priority bearing in mind that you spend more than a third of your life there. Your bedroom is a very personal space that needs to work for you. Let it exude luxury. It's the one place to go when you want to switch off and STOP! You should long to be there.

Step 1 - De-clutter, organise and remove. Storage is essential to allow for clutter free surroundings so invest in a stylish wardrobe and drawer unit. Banish all dirty washing and towels from your bedroom. Gadgetry in the bedroom is a forbidden sin. It should be a technology free zone. No phones, computers or iPads.

Step 2 - The bed. Your bed and mattress are where the majority of your budget should be spent as they have a major impact on the quality of sleep. Don't skimp on the mattress, go all out and remember - the bigger the better! Highly recommended: Tempur - Super King - £2199.00 - www.uk.tempur.com or Loaf - Super King - £995.00 - www.loaf.com. Budget option - a good quality mattress topper can really improve sleep.

Step 3 - Colour Scheme. The objective is to create a calm and relaxing haven

so choose your bedroom colour scheme carefully. Pick muted colours rather than bright, and light rather than dark. When advising clients on paint colours and wallpapers, I generally find the theme that works best is The French Country Style. Pick a palette that you like for the overall look.

Step 4 - Lighting. Never use harsh, bright lights. Warm, subtle lights are preferable and use natural lighting where possible. Tea lights and candles give a comforting, warm glow. If your room has spotlights install a dimmer switch. Standard and bedside lamps are a suitable source of lighting and remember good sleep requires sunlight to be blocked from the room. Before shut-eye ensure your environment is as dark as possible by using black-out blinds or shutters.

Step 5 - Linen, covers and PJs. Get back to nature - use natural fabrics, cottons, linens, furs and wools for bedding and accessories. Good quality, clean, fresh linen is essential for complete relaxation. Indulge in good quality duvet and pillows - if the budget will stretch buy down-filled ones. Once under the covers, comfortable and cosy is the aim! For bed clothes, natural fibres allow your skin to breathe, but wear what makes you happy. ☺

Claire Burrage is an interior designer and project manager based in South West London. Visit www.clairerose.com