

# DESIGN CHEAT SHEET GUIDE: *Primary Bedroom*



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## *A note from Amy:*

I find when working with my clients, their own personal bedroom space is usually last on the list. Everyone wants to focus on the spaces that will be seen/used by guests or the entire family, and there's nothing wrong with that!

However, if we look at the frequently-neglected state of the primary bedroom through the lens of "how you do one thing is how you do everything", it can reveal a lot about you and how you're living life right now.

([Click here](#) if you want to learn more about how your bedroom design relates to your self care!)

You deserve a bedroom space that feels complete, curated and like YOU, and this design cheat sheet is the "easy button".

This design cheat sheet includes design tips from me on creating your curated primary bedroom as well as 3 conceptual bedroom design plans with clickable links. Use them as inspiration, mix and match or copy them completely, it's up to you! Enjoy!



### ABOUT THE AUTHOR:

Amy Pottenger is a mom, wife, business owner and award-winning interior designer who helps mom entrepreneurs create empowering home environments so they can maximize their health, wealth + purpose, love and connection.



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## Amy's Tips on Creating a Curated Bedroom Space:

### *Inspiration*

Start with What Inspires you! My favorite way to do this is to use pinterest. Click here for our [free pinterest guide](#) to make it easy.

### *Layering the Elements*

Once you have your inspo, now you can start adding in the actual pieces you want to use. When creating this design cheat sheet, I started with the most important piece in the room: The Bed! Choose your bed frame first to set the tone for the space, then move on to the other elements. *\*make sure to measure everything as you go, to ensure perfect fit and scale!\**

Next to consider for your space: do you need an area rug? If you have hard flooring of any kind, I think a rug is a must have. But you can also use a rug even if you have wall-to-wall carpet, too.

When you have your rug locked down, it's time to look for nightstands. Consider how you use your bedroom. For example, if you're an avid reader make sure you have space to charge your kindle or store your latest favorite novel. Do you charge everything by the bedside? A nightstand w/ charging power might serve you well. Bedside lamps or wall sconces are another "must have" in my opinion.



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Amy's Tips on Creating a curated bedroom space:

## *Layering the Elements, (continued)*

Dressers or clothing storage is another area you might want to add. You can choose to match your nightstands, or if you'd like a more unique/ eclectic look, you can mix and match here too! Consider using a stained wood finish on your nightstands, but then use a painted finish on your dressers. You can then repeat that painted finish color in other small ways throughout the space to make it look intentional.

Now you've selected all the foundational pieces for your room and it's time to move on to the smaller details. This is where you select things like: bedding, window treatments, artwork, accessories, paint and wallpaper. Consider color + texture when choosing your bedding (and if you like) wallpaper. See the cheat sheet below for examples of how I mix patterns/texture. I also love incorporating art + design books as accessories and to add height to table lamps if needed.

## *The Design Cheat Sheets*

Following are three conceptual design examples, each designed to fit a particular look/feel. Click on the item you'd like to purchase or source and it will take you to the website. Enjoy creating your dream bedroom! I'd love to see your finished room, if you'd like to share it with me send me a photo at [hello@refreshdesign.net](mailto:hello@refreshdesign.net).

Happy Decorating!





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