

OUR GO-TO

Bedding Recipe

You've probably heard the statistic that we spend about 1/3 of our lives sleeping- so that being the case, we wanted to share a few tips for making your bedroom feel as luxurious as possible!

In our Bedding Essentials Guide, you'll learn the must-haves for protecting your mattress and pillows and our tried and true favorites for making the most sumptuous bed.

We can't wait for you to enjoy your first night in your newly designed space.

Cheers!





Protective Elements

We recommend the following protective items:

PROTECT YOUR BED

It all starts with foundational bedding to enhance the longevity of your items, protect against dust mites, sweat stains, and germs, and make cleaning easier (because cleaning your pillows and mattress is not easy!).

Zippered pillow covers for all standard or king-size bed pillows. These go underneath the pillowcases you
sleep on and on any decorative shams.

A mattress cover for underneath the fitted sheet.	This is essential for	keeping your	mattress pro	otected for
longer wear.				

Base Elements

MAKE IT COMFORTABLE

Once you have your protective elements, it's time to focus on the sheets and pillows. We know how particular our clients are about their sheets and pillows, and thankfully there is a solution for everyone.

We recommen	d the	follov	ving:
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- At least one full set of white sheets. Each set should include a fitted sheet, a flat sheet, and pillowcases.
 - These are a favorite
 - Here's a resource if you want to do a deep dive into different options for your sheet sets
- Some clients have different sheets for winter and summer with differing weights or thread counts. Either way, we recommend purchasing two sets of your favorite sheets (one for on the bed and one to put on the bed when you're washing the other set).
- Standard-sized pillows for twin and queen beds and king-sized pillows for king beds. Pillow selection is a highly personal choice, however here are a few of our favorite brands
 - Purple Harmony
 - <u>Parachute Home</u>
 - Tuft+ Needle

We recommend four king-size sleeping pillows for a king-size bed, four standard/queen-size sleeping pillows for a queen bed, and two standard-size sleeping pillows for twin beds.

Layering Elements

MAKE IT COZY

You'll then want to add layers with blankets, quilts, matelassés, and duvets. These aren't all necessary and can vary according to the season.

We	recommend some combination of the following:
	A blanket to go on top of the flat sheet that is the same size as your bed (ie. queen-sized, king-sized). <u>Here are some favorites!</u>
	A quilt or matelassé can lay on top of the blanket or be folded at the bottom of the duvet. We love <u>this one</u> or <u>this one</u> .
	The duvet goes inside a duvet cover. This combo can go underneath or on top of the quilt or matelassé *. We love this duvet and this cover.
	The bed skirt goes underneath the mattress to hide the bed legs and anything you keep under your bed. <u>This one</u> is a classic.
ip:	Quilts and matelassés don't allow for much movement at night, so some clients keep these on for looks during the day, then remove them at night, using just the sheets, blanket, and duvet for sleeping.

Bedding Essentials for King Beds

AT A GLANCE

- 1 king-size mattress protector
- 4 king-size sleeping pillows
- 2 decorative king-size pillows for shams
- 6 king-size pillow protectors
- 2 sets of king-size sheets (flat sheets, fitted sheets, pillowcases)
- 2 extra sets of king-size pillowcases
- 1 king-size blanket/quilt/matelassé
- 1 king-size duvet (or if you like things fluffy, order a California king)
- 1king-size duvet cover

Bedding Essentials for Queen Beds

AT A GLANCE

- 1 queen-size mattress protector
- 4 standard/queen-size sleeping pillows
- 2 decorative standard/queen-size pillows for shams
- 6 standard/queen-size pillow protectors
- 2 sets of queen-size sheets (flat sheets, fitted sheets, pillowcases)
- 2 extra sets of queen-size pillowcases for sleeping pillows
- 1 queen-size blanket/quilt/matelassé
- 1 king-size duvet (this ensures it will cover both sides of your bed)
- 1king-size duvet cover

Bedding Essentials for Twin Beds

AT A GLANCE

- 1 twin-size mattress protector
- 1 standard-size sleeping pillow
- 1 decorative standard-size pillow for shams
- 2 standard-size pillow protectors
- 2 sets of twin-size sheets (flat sheets, fitted sheets, pillowcases)
- 1 twin-size blanket/quilt/matelassé
- 1 twin-size duvet
- 1 twin-size duvet cover

ABOUT The Author



Amy Pottenger is a mom, wife and award-winning interior designer who's mission is to show you how your home design impacts your daily life. By creating a home environment that nurtures your personal essence and supports your goals, you will be empowered to live a life of fulfillment + joy. Find out more about her studio, Refresh Design, and how they can help you create the home of your dreams at the link below!