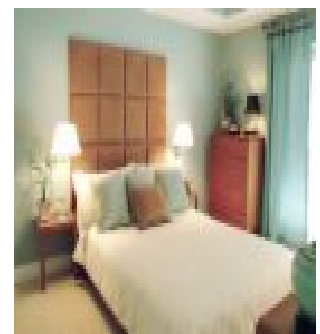


bedrooms



bedroom checklist

- Is the bedroom for one person or is it to be shared?
- Does it have easy access to bathroom and toilet?
- Do you want a separate dressing room?
- What size bed(s) will be installed?
- Storage - concealed or open?
- Sunlight, natural light, shade?
- Window treatments + lighting.
- Other furniture/functions such as desk, television, music, seating, reading etc.
- Privacy, security, noise transmission, electrical outlets, temperature control.
- Furniture - style, size, pieces, finishes.
- Bed linen - style, colour, fabrics, ease of making up the bed, ease of laundering the bed linen.



rest revive relax sleep dream restore

The bedroom is a space where you can escape for solitude and privacy. It is the room where you can lock yourself away from the rest of the house and take time out from busy family life. It is a place you can surround yourself with things that give you pleasure, it is the most personal place and should be wonderfully comfortable, and the master bedroom is usually the 'love nest' so needs to be secure.

Resene

the paint the professionals use

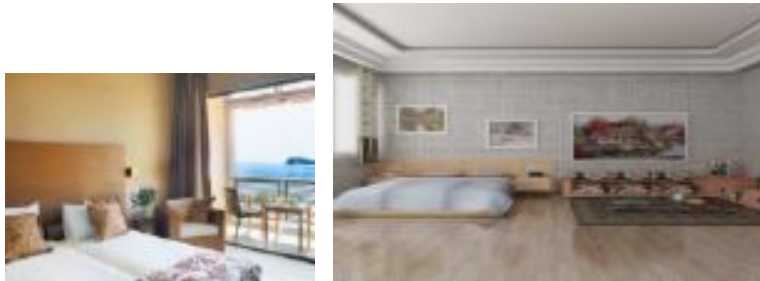
The primary function of the bedroom is obviously for sleep, but for many people it may also be a private sitting room, a place where you meditate or read, and for some it may also be a space where you work or study.

Some like to lie in bed and watch television or listen to music or the radio, some enjoy a cup of tea in bed when they wake in the morning. Others may have fitness equipment at the foot of the bed, and use the space for a workout and exercise.



tranquillity quietness serenity restful meditation

Restful pale blue and white - always fresh and clean. This colour combination is calming and an ideal one for a sleeping bedroom. The painted coloured squares on the feature wall are a play of gloss levels and shades of blue - from matt to high gloss, and some with a pearlescent effect. Resene Enamacryl Metallic could also be used with the pearlescent effect of Resene Pearl Shimmer.



space + planning + function

If sleeping is the main primary function of the bedroom, the bed is the focus of the space, and the size of the bed is often determined by the size of the room. A king-sized four poster bed looks great in a generous sized bedroom, while a double sized futon bed may look less dominating in a smaller attic bedroom.

Allow room to move around the bed easily and keep clear access to adjoining spaces such as dressing room or ensuite bathrooms.

Think about the things you need at hand when in bed - choose bedside tables that can accommodate telephone, reading lights, clock, radio, books, teacup, remote controls for television, music, lighting.

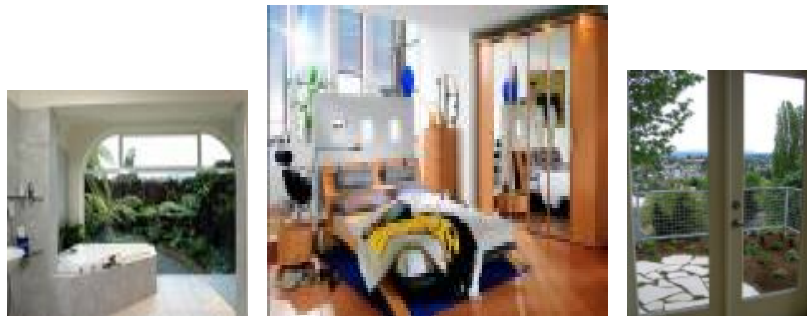
If there is not a separate dressing room, select furniture and wardrobe systems to accommodate your clothes efficiently. Good planning with an emphasis on storage will save problems later on in the decorating process.

If the bedroom is also used as a sitting room or work room, the emphasis may shift away from the bed being the focal point to reflect the rooms other functions. Turning it into a room that is used in the daytime as well as at night means rethinking furnishings, colours and lighting.



This bedhead is particularly comfortable to rest against if you like to read or watch television in bed. It is made from woven strapping similar to a heavy canvas. The crisp white bed linen is also very inviting, and the white voile blinds can be rolled down to filter the sun or provide some privacy when required.

However white is high maintenance, and cotton linen needs to be ironed, so will not be for everyone, especially if you have pets that like to curl up on the bed for an afternoon nap.



access to adjoining facilities

The numbers of bedrooms usually determines how many bathrooms and toilets are required in a home, and easy access between them is critical. Most master bedrooms and many guest bedrooms have their own adjoining en suite bathrooms.

Another option is to position a bathroom between two bedrooms, possibly with sliding doors into each bedroom, so that each can access the bathroom with ease. For privacy with a shared bathroom it is important to install locks on the interconnecting doors.

Some bedrooms have access to a private terrace or balcony, or a lovely outlook into a garden or sea view, so in these cases it is important to position the bed and furniture so these are not obstructed.

Dressing rooms are also popular, sometimes they are positioned behind the bedhead wall and have open access each end. Others may be a separate room which can be closed off by a door. As they are usually smaller internal spaces they should be painted in light colours and have a high level of overall lighting as well as additional task lighting around mirrors.

Dressing rooms may also incorporate ironing stations, shoe cleaning materials, hair-dryers and make-up mirrors, as well as other items for clothing maintenance and personal grooming.



beds comfort support sleep breathe

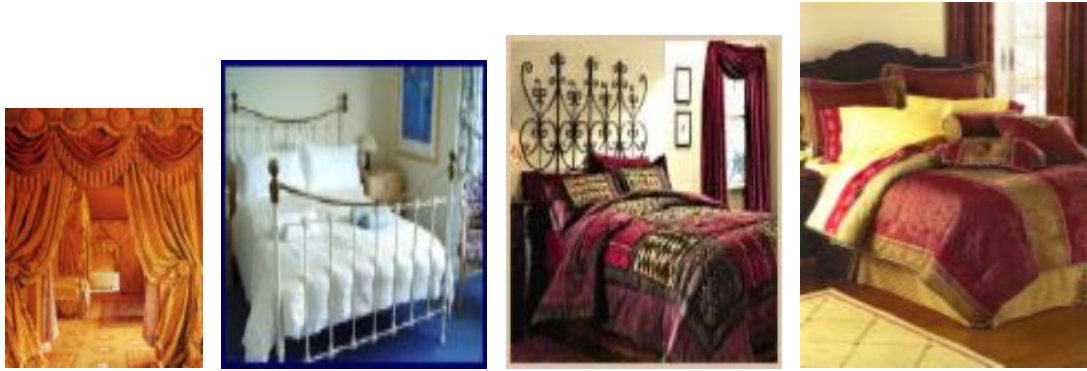
Invest in the best bed you can afford, so that you can rest and sleep in comfort as well as adequately support your body and spine. We spend about a third of our life in bed, so it is the most important piece of furniture we own. Those with back problems usually prefer a firmer bed but it is important to do your own research when purchasing a bed, and test them in the shop before you buy.

A bed should be at least 150mm longer than the height of the person sleeping in it, and wide enough to link your elbows behind your head without them hanging over the edge or touching your partner if you are sharing a bed.

The bed base options include a firm edge, sprung edge or wooden slatted base. In a sprung mattress the quality is determined by the number of springs as well as the stuffing and covering. Foam mattresses come in different grades, and then there are futons and waterbeds which are preferred by some people. Whatever mattress you choose, remember that natural fibre coverings allow it to breathe better than synthetic fabrics.



There is a vast range of bedroom styles to choose from - minimal and contemporary styles, Japanese themed, traditional and embellished styles with swathed drapes, quilted bedcovers and pillows, and a touch of gothic and romance.



bed linen blankets duvets pillows quilts

The choice of bed linen is often based on ease of maintenance, and nothing beats a fitted sheet and duvet which can be made up in just a few minutes.

A duvet is also light and it insulates to keep you warm without weighing you down. Another advantage is that they are virtually dust-free so ideal for people with allergies.

Duvets, pillows and quilts can be filled with goose or duck down, feathers or wool, or combinations of these with synthetic fibre fillings. They all vary in weight and warmth and usually have to be dry-cleaned, although some synthetic fillings can go through the washing machine.

Sheets, pillow slips and duvet covers are available in linen, cotton or synthetic textiles, or again combinations of the above. Linen and cotton generally need to be ironed, while synthetics are easier to launder, but can be hot in summer.

Woollen blankets, or those combined with mohair, merino or cashmere, are a popular option, and should be large enough to tuck in well. Cotton and synthetic blankets are lighter and easier to wash.

Bedspreads come in a range of textiles, styles, colours, designs - from woven cotton to vintage patchwork which may be handed down through the generations if it has been handmade by a member of the family.



dressing + grooming space

If you have the space a separate dressing room is useful. It can be attached to the bedroom, or a small unused room nearby. The storage for clothes can be quite utilitarian with lots of adjustable shelves, racks, wire baskets, hanging space for easy access. Or else these wardrobe systems can be installed behind floor to ceiling sliding doors if preferred e.g. in a walk through corridor.

Good lighting is important so that you can easily find and see condition of clothing and accessories, and to check your attire in a full length mirror before you leave to go out. A pullout ironing board and iron in a dressing room is useful for people who like to iron their clothes just before putting them on.

Other items such as clothes brush, lint removers, shoe cleaning products, even a sewing repair kit to sew on a button, are often found in the dressing room.

Some people undertake their hair styling and make-up application etc. in a dressing room as well rather than in a steamy bathroom.



storage

Not everyone wants fitted or built in storage; some prefer the look of traditional free-standing chests of drawers, dressing tables and wardrobes. But there is more than clothing to store.

Jewellery, belts, ties, accessories - these can be stored in small boxes or baskets on top of a chest or hidden in purpose-designed pull-out drawers. And there are various types of racks and clear boxes designed for shoe storage.

The bedroom is often a place to store books - narrow shelving above the bedhead makes great storage for books and is often "dead" space.

Items that are not being used frequently can be stored in large bins or plastic boxes under the bed if there is the room.

Even the bed can be rolled away during the day to create space! There are beds that fold up against the wall and just look like a cupboard when not in use.



furniture convenience flexibility reach

The bedding configuration is something to consider carefully. While the size of the room often dictates the size of the bed, flexible sleeping arrangements in a guest room is also useful. Two large single beds that can be pushed together to make a king-size bed provide options. Some couples prefer to sleep in separate beds while others like to share a bed.

A chest or blanket box at the end of the bed is a popular place to put clothing or a quilt overnight and the inside provides additional storage as well. A small table or desk and chair may provide space to take tea and read the paper in the morning, or an area to style hair.

But one of the most important pieces is the bedside tables that may need to accommodate a number of items within easy reach. A reading lamp and books, telephone, clock, radio, water jug and glass, breakfast tray. And remotes or controls for lights, television, security alarm, stereo, air conditioning or fan, windows or drapes/blinds.

There are numerous types of bedroom furniture to choose from - it usually depends on the amount of space you have within the room and the amount of storage that is actually required. As well as traditional timber chests there are also metal industrial lockers that make good storage units for clothing.





window treatments

If you like to wake up to a bright room you may choose to hang voile or muslin curtains or blinds at the windows but these types of treatments do not provide any thermal qualities.

Many people find they sleep better in a darkened room so heavy drapes or curtains with black-out lining are a good option, and they also help to keep the room warmer in winter and cooler in summer when pulled. However they don't allow a lot of ventilation via an opened window.

Timber blinds and shutters block out light and offer privacy when closed and also allow a breeze to flow into the room. They can also provide an interesting play of light and shadow on the walls and ceilings.

Venetian or vertical blinds are also popular and an easy way to control the amount of light and sunshine you want in the bedroom.

Privacy is one of the biggest issues, especially at night when the lights are on. There are roller blinds that you can see out of, but people cannot see into the room from the exterior of the house. Another option is frosted glass.



natural light overall lighting task lighting

Bedrooms require lighting that is both practical and relaxing. Probably one of the most useful items is a dimmer switch so you have the flexibility to dim or increase the levels of light as desired.

Usually the overall lighting, so that you can move safely around the bedroom, is from ceiling mounted lights - downlights or pendants. Sometimes even a large chandelier in a bedroom gives glitz and glamour to the space.

Task lighting, especially for reading, is normally provided by side wall lights or ones on the bedside tables. Even these should have a dimmer switch so that the levels of light can be managed.

Spotlights can be used to illuminate art or displays, and remember the importance of additional task-lighting if you apply make-up or style hair in the bedroom, or work at a desk or computer.



ventilation + heating + cooling

Good ventilation is important in any room to combat excessive moisture and condensation which leads to mould and mildew.

Opening windows and louvers help to reduce moisture retention, and most of us like to breathe in clean fresh air as we sleep.

A ceiling fan over the bed is great in summer to help reduce the heat and bedrooms with a secure balcony can have the doors left open at night. There is nothing nicer than a cool, gentle breeze flowing across the room on a hot night.

If the bedroom is particularly cold in winter, a radiator heater on a thermostat is probably one of the most effective ways to increase the temperature. A dehumidifier also helps with any dampness in winter.

Many people enjoy the comfort of an electric blanket so that they can get into a warm bed on cold nights. Remember all electrical heating equipment should be checked at regular intervals to ensure it is in safe working condition



floors + walls + ceilings

As this is one room where the ceiling is looked at a lot, there is an opportunity to make it a feature. For example a high gloss paint finish to reflect light down into the room if doesn't get a lot of natural light, or a soft matt finish if the ceiling feels a little low.

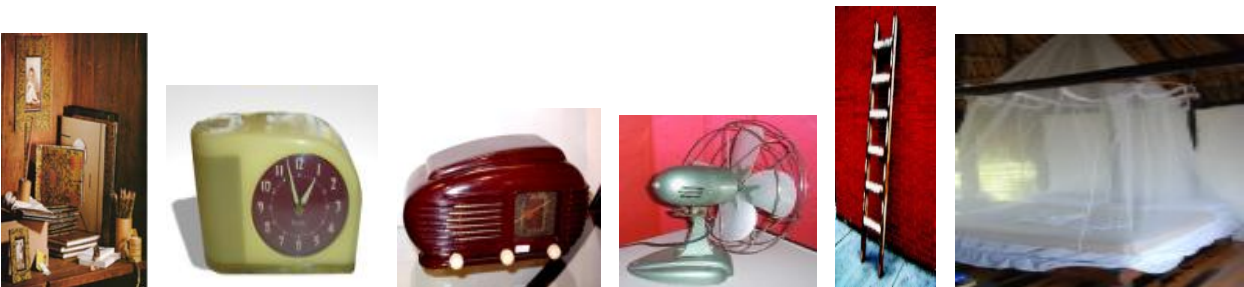
The walls of the bedroom previous page are painted in a pale misty grey which look soft against the white linen.

The bedroom in the middle has neutral coloured walls and neutral carpet which is soft underfoot and quiet to walk around on. And the loft studio bedroom has high gloss painted ceilings and timber floors.

A bedroom carpet is not subject to as much wear as that in a living room so needn't be of the highest quality, and it can be in a bolder colour or pattern. Polished floor boards or cork tiles are smooth to walk on barefoot, but not as quite as soft or warm as carpet.

Walls are generally painted or wallpapered, and most often in lower gloss levels and softer colours so that they recede rather than advance into the room.

The colours of the bedroom can be muted and cool, or warm and bright, it really depends on the orientation of the room and personal choice. Cool white and blue always looks fresh, while the warm gold of the bedroom in the middle looks very inviting and would feel sunny to wake up in. One way to inject colour or drama into a bedroom is through the bedcovers, whether is be an animal print or cheerful spots, and the colour of passion is magenta which has been added to the all white linen as a throw rug in the bedroom below. If you want a comforting room you will find the softer colours work best, from warm light neutrals to stronger earthy colours. The sorts of colours and patterns you would choose for a bedroom may be in appropriate if you are using the room for other purposes, so keep this in mind when making decisions.



bedroom accessories

Photographs, books, art and decor accessories often unify the style or feel of the bedroom. Whether they are slick and contemporary or retro and vintage, they bring the theme together and create interest or tell a story. It is a place you can have collections of things that you really love, articles that are dear to your heart and possibly quite personal, such as family photographs.

A mosquito net adds drama to a bed but is also very practical if you are sleeping with open doors and windows in summer. An old ladder is a great place to drape clothes overnight.

Many of us read in bed more than anywhere else, so the bedroom is a perfect place to keep our books. Narrow floor to ceiling shelving doesn't take up too much floor space. A collection of family photographs or art can be placed on the wall behind the bed.



black + white

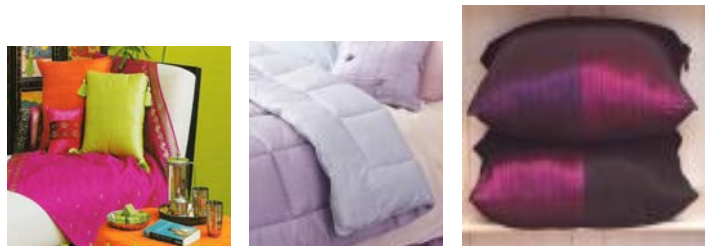
This all white painted bedroom looks quite simple and fresh, and the black leather bed and furniture contrast with the otherwise white bedroom.



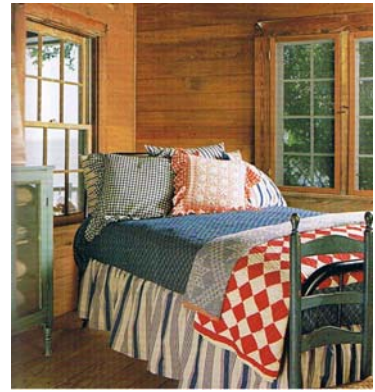
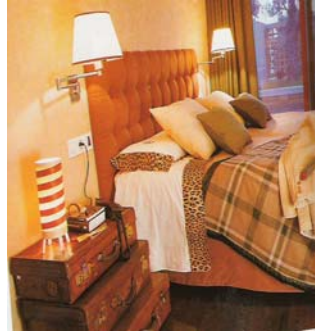
glass light gloss drama

The black ceiling, coloured strip lighting and minimal design of the bedroom above is quite daring while the pale coloured timber furniture, white walls and milky glass fronted storage cupboard is more diffused and subtle.

coloured accents + shiny fabrics



As well as gloss levels on painted walls and ceilings, the gloss level of the textiles can change the feel of a room. Smooth silks and satins give the bedrooms opulence and a sense of glamour. The feature wall painted in citrus green looks great with the bright pink and orange silk cushions on this day bed, while the pale lavender quilt looks quite soft and peaceful.



country cosy casual comfort

These rooms look warm and inviting with their wool blankets, patchwork quilts, lots of pillows and a country theme.



contemporary cool colourful chrome chic

This upholstered bedhead in teal fabric gives instant vitality to the bedroom, and the art-deco bed with chrome detailing and aqua vinyl is instant retro chic.



pamper indulge simple sparse

Satin and fur pillows and throws - total indulgence and luxury. Warmth is added by the colour of the walls in this simple and spartan bedroom above, which has sisal on the floor.

compiled by

- Colourwaves - Jill Carroll