

DECORATING



'The more fabric you can get into a bedroom the better, it helps acoustically and creates a cosy space. Use fabric to create a tester, to give the illusion of a higher ceiling and add interest to an otherwise blank wall.'

Rosanna Bossom, interior designer



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CHOOSING BEDLINEN

Three experts advise on the benefits of different bedding choices to ensure a good night's sleep



Chrissie Rucker, founder, The White Company

"How we dress our beds, from the mattress up, can make or break how comfortable we are and, therefore, how well we sleep. Choose natural fibres as much as possible – they are more breathable and help stop us overheating.

My personal preference is always for pure linen or cotton bed linen; it feels amazing and also improves with age. Whether you like crisp and cool, or cosy and warm, it's worth investing in high-quality bed linen. We spin these long-staple, natural fibres into supremely smooth, strong and soft yarns. The resulting cloth feels beautifully breathable, cool and comfortable to sleep beneath.

I always try to dress the bed with a great bedspread, cushions and a throw across the bottom of the bed. I change the throw and cushions depending on the time of year – faux fur in winter and a lighter-weight, more pashmina-style throw in the summer."



Jessica Hanley, founder, Piglet in Bed

"Linen bedding is the ideal fabric for sleeping in all year round. Thanks to its thermo-regulating properties, it keeps you really cosy during autumn and winter, but is also beautifully breathable during the summer months, wicking away any sweat as you sleep.

Linen is a low-maintenance fabric, getting softer after every wash, but is super durable too. It is made from the fibres of the flax plant, which is known for its robustness – good news for wiggly sleepers! When cared for properly, linen bedding can last for decades, resulting in less waste and ultimately less consumption. Evoking the same calming feelings that arise when you spend time in nature, its natural crinkles make it so inviting, and there's absolutely no need for ironing. What's not to love?"



Deborah Fiddy, managing director and founder, Gingerlily

"A good night's sleep is essential for your mind and body; it enables healing, restoration of energy and general well-being. There is nothing more disturbing in sleep than tossing and turning because we are either too hot or too cold. Silk bedding

allows the body to acclimate to the change in seasons and your own temperature effectively. Silk is a natural heat conductor, which adjusts to your body temperature while you are sleeping.

As well as being naturally hypoallergenic and very breathable, the high protein content found in silk will also keep your hair and skin soft, making silk the ideal choice for overall well-being, and especially for anyone with skin conditions such as eczema." ■

TOP LEFT A chinoiserie combines with indulgent silk bedding for the ultimate in luxurious bedrooms. Bedlinen, all from Gingerlily; wallpaper, Little Greene

LEFT This scheme by Rosanna Bossom uses fabric and pattern to add drama and character. A canopy can help to create a cocooning, comforting feel, too.