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*bedded bliss*

We spend about 30,000 hours in each bed we buy, so it's important to choose wisely. An ensemble base is internally sprung to allow the mattress to adapt to the body's contours, while slatted bed frames offer more style choices. They may feature flat or bowed slats, which are more spring-like and can extend the life of a mattress. Go for the biggest bed you can fit in your bedroom and ensure the length is at least 10 centimetres longer than its tallest inhabitant. For a guest bed, choose one with a low or no footboard, such as Snooze's Kartoni bed, \$999/queen, to accommodate tall guests, visit snooze.com.au to check it out. >

'Fenwick' bedhead in Vintage Flax Linen, \$1225, and matching valance, \$550, both Heatherly Design. 'Maison' pillowcases in Aubergine, \$59.95/pair, quilt cover, \$199/queen, all Aura by Tracie Ellis. Secret River 'Crisp Cross' wool throw, \$229, Jasmine Hall. Society 'Rem' linen queen flat sheet in Violet, \$430, Ondene. On bedside table: Nickel spring desk lamp, \$279, La Maison. Teacup & saucer in Duck Egg, \$70, Mud Australia. Three-drawer solid oak bedside table, \$395, Le Forge. On floor: Shades of India 'Ophelia' cushion in Grey, \$129, Jasmine Hall. 'Vejen' jute/wool rug, \$169, Ikea. Stockists, page 120

*textural healing*

The time we spend in the bedroom is mostly enjoyed with our eyes closed. The sense of wellbeing that lulls us to sleep is still vital but best conveyed through touch. "Soft textures create a better environment for sleeping; pure cotton sheets and layers of lush natural fibres add luxury to the bed," says director Tracie Ellis of Aura by Tracie Ellis. Meanwhile, a tactile rug will entice you into bed and protect toes from rude awakenings on cool mornings.

Opposite: 'Soho' bedhead in Sienna Slate Linen, \$1495, and matching valance, \$550, both Heatherly Design. 'Wilmah' pillowcases, \$39.95/pair, plaited leather cushion, \$149, both Country Road. Shades of India silk cushion, \$90, Planet. 'Flowerbomb' cushion cover with ribbon edge, \$99, Pony Rider. 'Waffle' blanket in Atmosphere, \$149, 'Wilmah' quilt cover, \$199/queen, both Country Road. 'Feather' embroidered flat sheet, \$154, Linen & Moore. 'Egyptian Royale' fitted sheet in White (part of queen sheet set), \$239.95, Canningvale. On storage unit: Decorative carved lamp with cotton shade, \$235, Le Forge. Kartell 'Componibili' three-tier storage unit in White, \$200, Space. 'Vejen' jute/wool rug, \$169, Ikea. Pendant light, seek similar from Custom Lighting.

*chill out*

Look to coverings that add comfort but not too much heat. Our bodies need to drop in temperature as we sleep to align with our natural rhythms. Aim for a temperature under the covers of about 28°C and a room temperature of about 16°C, which will allow you to lose heat through the top of your body. Open the windows, turn on a fan or, if you have airconditioning, set the temperature in the bedroom a degree or so cooler than in the rest of the home. "Have a few different options when layering fabrics on the bed - it's easier to make yourself comfortable and enables you to sleep better," says Tracie. Instead of a heavy duvet, use a lighter covering, such as Sheridan's 'Ultracool' quilt, \$229.95/queen, and layer it with an extra blanket or throw to up the cosy factor. >

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This page, above left: Plaited leather cushion, \$149, Country Road. Above right: 'Feather' embroidered flat sheet, \$154, Linen & Moore. Right: 'Waffle' blanket in Atmosphere, \$149, 'Wilmah' quilt cover, \$199/queen, both Country Road. Stockists, page 120