

# Making the Perfect Bed

New bedding is the fastest way of giving your bedroom a makeover, and you can do it on a budget! Whether you start with what you already have, or decide to start from scratch, this episode is all about how to get cozy and stylish looks that are easy to do and don't have to break the bank.



A few things to keep in mind:

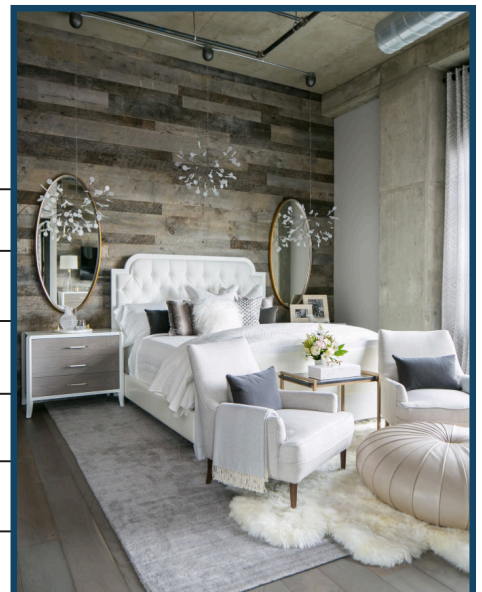
- 1.) Know your bed size.
- 2.) Make your bed every single day, that's right. We said it.
- 3.) Gather inspiration before shopping.

## JUST REMEMBER WHEN YOU ARE SHOPPING

You don't need to get it right the first time. Do what I do, over-buy. This will save you from making a ton of trips to the store. If you like it and you think it might work, buy it! Bring back what doesn't stick and know that you got the best possible look. Please remember to know the return policy and look out for final sales. You don't want to be stuck with something that only "kind of" works. You don't have to be shy about it. Tell them that you are buying both to figure out which one you really love in your space, take good care of them, repackage them as you got them, and most stores will be fine with it.

To get a custom look shop lots of sources. Mixing brands, fabrics, textures, prints, etc. will make your bed look designed, not store bought. In today's session we customized a few bed-in-a-bag styles from HomeGoods & Target, and they look beautiful!

Notes:



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# Cozy Bedding Defined

- **Mattress toppers** – memory foam is my favorite, but this layer can also be a feather bed.
- **Mattress pad** - protects your bed, holds your topper in place and adds additional comfort.
- **Fitted sheet** - quality is important for this layer, it is what will touch your skin so you should love it when you touch it.
- **“Robeson insider” tip** - if you want to splurge, try what we use in many of our projects. We buy the 600 thread count Nordstrom house brand sheets, because they balance cost and comfort well.
- **“Robeson insider” tip** - if you want that crisp look and don't have the time, iron just the part of the sheet that shows (the top 1/3).
- **Blanket** – this layer is used as a bed covering for warmth. It works for insulation and holds your body heat in. You won't always need it, but when it is cold you'll be glad you have it.
- **Coverlet** - a bedspread, typically less than floor-length. This is more for looks than warmth or comfort. Typically, they have batting and are quilted so you may see it referred to as a quilt as well.
- **Duvet** - this is the fill, yes only the fill. I know we debated it too, but Google says it, so it must be true. Frequently called a down comforter. Typically a down or down alternative fill. Don't be surprised if you hear people get this confused.
- **Duvet cover** - this is the pretty decorative cover for your duvet.
- **Comforter** - this is like the duvet and cover all in one and replaces those two items. It is functional and decorative and a one stop shop for getting that layered look.
- **Throw** - a decorative small “blanket” that is nice to wrap around you now and then but is really mostly for decoration and can add that finishing little texture to your cozy bed.
- **Trade secret** - when you want to make any cover look fluffy, lofty and lux simply put a fill for the next size up. E.g. For a queen duvet, use a king duvet fill, for a euro sham uses a grand euro fill. This is especially good with down that can lose its loft!

