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Title – Does Thread Count Really Count? How to Choose the Best Sheets | Overstock.com

Meta Description – Are high-thread-count sheets really better? Check out this guide to find out and make sure you're bringing home the best.

H1 – Bed Sheet Thread Count Fact Sheet

If you're reading this, you're probably wondering what the best thread count for sheets is. We wish we could give you a single magic number, but the real answer involves just a little more thought and consideration. Don't worry, we've done most of the heavy lifting. After reading this guide, you'll understand when high-thread-count sheets are better and what to look for as you shop.

H2 – What Is Thread Count?

Simply put, thread count is the number of horizontal and vertical threads per square inch of a woven fabric. For example, a 300-count bed sheet has 150 vertical threads and 150 horizontal threads. While this is an important number for measuring the all-around quality of sheets, an astronomical thread count doesn't automatically guarantee out-of-this-world comfort. So if you see a number that seems too good to be true, it probably is.

H2 – Thread Count Chart

Broadly speaking, a "good" thread count for sheets can be anything between 200 and 800. Bed sheets with a count below 200 might be more affordable, but they don't meet our standards of comfort and durability.

- Thread count graphics

H2 – When Does Thread Count Matter?

Like carats in diamonds, thread count is an important part of assessing sheet quality, but it isn't the whole equation. It's generally true that higher thread count sheets are thicker and softer, but it's important to keep in mind other factors

For example, you'll often find a high thread count on sateen cotton sheets, which are known for their softness and silky sheen. Lighter linen sheets remain comfortable and breathable, despite featuring lower thread counts, but here's why: cotton fibers are much finer than linen's, allowing more threads per square inch to be woven together.

This explains why 200-thread-count linen sheets feel much better than 200-thread-count cotton sheets. You should also be wary of sheets with inflated thread counts. While a set of

1800-thread-count sheets may sound incredible, that number's probably too good to be true. Learn [how to avoid fake thread counts](#) to make sure you're buying the real deal.

H2 – How to Choose Sheets Without a Thread Count

Materials like cotton, linen, and bamboo use thread count but not all bedding materials do. You won't find a thread count listed for bed sheets made of flannel, satin, or microfiber. When shopping for these kinds of sheets, look for weight-related measurements such as ounces or grams per meter. You can learn more about individual fabrics and how to measure quality with this Bedding Materials guide.

H2 – Other Factors to Consider When Buying Sheets

You shouldn't ignore thread count when shopping for new sheets, but other factors, like ply, fiber length, and organic or blended fibers, can also affect your purchase. Ply and fiber length refer to the tiny yarns that make up the fabric. Long, layered fibers, like Egyptian and Pima (or Supima) cotton, leave you with stronger sheets that don't pill or damage as easily.

If an organic process is important to you or if you have particular allergies, check for warnings of chemically treated fabrics. And if you aren't a fan of your luxury sheet material being blended with polyester or other fillers, look for 100-percent callouts to ensure your favorite fibers aren't being diluted.