

# OH, SHEET!

There's nothing quite like sinking into a luxurious bed, but how your bed feels has a lot to do with the kind of sheets that you use. **Rhea Dhanhoora & Dev Goswami** give you the low-down

If you're anything like us, you appreciate a luxurious, well-made bed. Have you ever wondered why beds at hotels seem so much more comfortable than your flat mattress and stiff sheets at home? The linen you use is to blame! From comforters and duvets to shams (don't worry, we'll explain everything!) and throws, every item that you put on your bed helps to make it more comfortable. Take a look at how to pick the perfect sheets, and what sort of linen you need to create an indulgent sleeping space.

## MATERIAL SPEAK

Should the material of the sheets that you use change from summer to winter? It really depends on who you ask and where you live. Certain areas see colder winters and very humid summers, where changing the material of the sheet matters. However, in most places, as Sanvari explains, you could get away with changing just the cover, duvet or blanket that you use. Ina adds, "Pure cottons or cotton-satin blends work the best throughout the year. However, during winter, pure satin can be used on special occasions." We love satin sheets, so we're glad she mentioned them!

## PICKING THE PERFECT SHEETS

If you want to ensure that you buy the perfect set of sheets, read on as Sanvari Alagh Nair, director of [www.houseproud.in](http://www.houseproud.in), and Ina Arora, managing director at D'Decor, tell us about a few things that you should keep in mind when you're shopping for sheets.

- Sanvari and Ina both tell us that one of the most important things to look out for is the thread count. All you need to remember is that the higher the thread count is, the softer the sheets will feel.
- When it comes to custom-sized beds and furnishings, it's important to buy sheets that are big enough to fit your bed comfortably. Sanvari explains that you may sometimes get swayed by affordable price tags on single bedsheets, but remember that they come in a standard size that might be too small for your



>> Picking patterns is easy, but read our guide to pick the best material

needs. If you're doubtful about whether a sheet will fit your bed or not, it is always better to choose double bed-sheets — you can always tuck any excess material under the mattress.

- Remember to account for the thickness of your mattress when you're buying sheets. Mattresses such as memory foam ones tend to be thick and so, you will need to ensure that your sheets are big enough to cover the sides completely.
- Ina recommends picking sheets that are machine washable as far as you can, since they are more practical for daily use and maintaining them won't be a task.
- If you're a girl living alone, or with roommates, and don't care much about appearance, Sanvari has a great tip for practical, everyday sheets. She tells us that you should consider buying fitted sheets. These sheets, which act as a pocket for your mattresses, are available at several home décor stores and websites and will tuck in nicely into any standard mattress.

## CLIMATE CONTROL

Different climates usually call for the use of different materials. So, you can't expect to use quilts, duvets and throw pillows and still be comfortable unless you've got an air conditioned room. So, in a city like ours, where the climate is usually quite hot and humid, even during winter, both Sanvari and Ina recommend that you pick cotton sheets. Cotton is perfect for both warm and cool weather, provides adequate air circulation and is comfortable. If you're looking for luxurious options, you can choose a cotton-satin blend that has a more attractive finish when compared to plain cotton sheets. You can also opt for silk sheets (they remain cool through the night and look luxurious), however make sure that you avoid ones that are a nylon or polyester blend, as both these materials can make you feel quite hot, making them uncomfortable to sleep on during summer.



>> You'd be surprised about how much linen goes into getting your bed to look like this!

## LINEN 101

From plain coloured ones to printed styles, Ina tells us that there are several types of linen designs that can completely change the look of your bedroom. She adds, "For a dressy look you can pick embroidered sheets, printed stripes, checks or woven jacquard designs." If you're confused about where to start (sheets, covers or duvets...!), Sanvari tells us that these are the most common types:

- **Blankets:** Everyone knows what these are! They're usually only used to keep yourself warm or covered up at night. A smaller blanket, or throw, is sometimes used decoratively.
- **Fitted sheet:** This is the sheet that you tuck your mattress into. Most people use only this sheet!
- **Top sheet:** This is a flat sheet that is put over your bed, separating you from the fitted sheet and your blanket. It's not commonly used, but it should be, because it makes it easier to change your sheets on a regular basis.
- **Coverlet:** Ever wondered why display beds look so good? It's because of the coverlet, a decorative piece put over your bed when it's made in the morning. Most of us use our quilts or duvets for this purpose though.
- **Comforters & duvets:** These are usually thicker than quilts, stuffed with fibres and sewn together. They're very comfortable and serve as decorative pieces, as well as to keep you warm on chilly nights. Comforters are more economical, because duvets need duvet covers (like pillow covers), which increase your costs in the long run.
- **Pillowcase:** This is pretty self explanatory. It's a case that's used to cover a pillow.
- **Pillow sham:** This is similar to a pillowcase, but it's much more decorative. You usually see them on display pillows in hotel rooms — and they make your bed look very pretty when it's all made up because of the embellishments on them.
- **Bed skirt:** Wondering why you never see the legs of a hotel bed? Bed skirts are the reason — the decorative strips of fabric are placed between the mattress and the bed and don't need to be changed as often. If you have a box bed, this is the perfect way to spruce it up a little.

## OUR PICKS

Here are five of our favourite types of linens, throws and bed-sets. Take your pick!



If you already have a duvet but want to spruce up how it looks, pick up this attractive blue duvet cover from Swayam Shades N More, available on [www.amazon.in](http://www.amazon.in).  
**Price** ₹2,715

We love Pottery Barn and ever since we heard that they ship to India, we've been even more excited. If you want to sleep in luxury, pick up this Antonella print bedding set, which includes a duvet cover, sheet set, two pillowcases and two shams. It's available at [www.potterybarn.com](http://www.potterybarn.com).  
**Price** ₹7,741 onwards (depends on size)



We love this Union Jack pillow cover from [www.houseproud.in](http://www.houseproud.in). It's a good addition to a quirky bedroom.  
**Price** ₹599

While maintaining the pristine white shade of this sheet from D'Decor will be hard work, the simple embroidery will lend itself well to a minimalist bedroom.  
**Price** ₹4,995



If you want to add a feminine touch to your room, pick up this floral cushion cover from [www.thehomelabel.com](http://www.thehomelabel.com).  
**Price** ₹900