

## GIVING YOUR BEDROOM A NEW LOOK

Some of the world's best designers share their tricks to transform your bedroom into a serene oasis.

### DRESSING THE WALLS

#### AN EXOTIC TOUCH

"In this classic Parisian apartment, we incorporated a made-to-measure panoramic paper by Ananbo. The inspiration was to transport the young owners to an exotic destination, a journey without traveling to unwind and enjoy. The earthy color palette and the sepia tone are reminiscent of the northern African country where they vacation and share family roots. When incorporating wallpaper in the design of a room, it is essential to look into some design considerations, such as the ambiance you desire, the best assets of the room where its use can enrich it and if the pattern size corresponds to the proportions of the space."

<https://www.lichellesilvestry.com/>



**"I LOVE TO USE WALLPAPER CREATIVELY — FROM CEILINGS TO NICHS AND BOOKCASE BACKING, THERE ARE MANY WAYS TO ADD INTEREST, TEXTURE, SCALE, LIVELINESS AND APPEAL TO A SPACE WITH THIS DESIGN ELEMENT"**

**- LICHELLE SILVESTRY, FOUNDER/PRINCIPAL OF LICHELLE SILVESTRY INTERIORS**



HEIDI JEAN FELDMAN / COURTESY OF LICHELLE SILVESTRY INTERIORS portrait HEIDI JEAN



SIVAN ASKAYO / COURTESY OF OSHIR ASABAN

#### FOOLING THE EYE

"In this bedroom, we wanted to create a calm and pleasant atmosphere that gives the feeling of a private home, even though we are in a penthouse," confesses architect Oshir Asaban, who leads an eponymous studio. "The back wall of the bed is completely covered with carpentry and has slits on the entire height, with two hidden pivot doors and lighting fixtures in alabaster stone. Covering a wall along the entire length is a good way to make the room feel bigger."

<https://www.oshir.com>



EMA PETER / COURTESY OF FALKEN REYNOLDS INTERIORS portrait

### SOFTNESS THROUGH BED LINENS AND CURTAINS

#### CASUAL SOPHISTICATION

"In this bedroom, the gray and white linen bedding from Sömn play off the gray tiled wall and white bathtub, adding a rich but subtle texture along with the relaxed linen drapery that rests on the floor. The cinnamon-hued blanket on the bed continues the warm accents of the walnut bedside tables and natural rope baskets, while light wheat-hued towels extend the light oak flooring and yellow cedar wall, creating a very subtle contrast against the gray tile and the white bathtub."

<https://falkenreynolds.com>



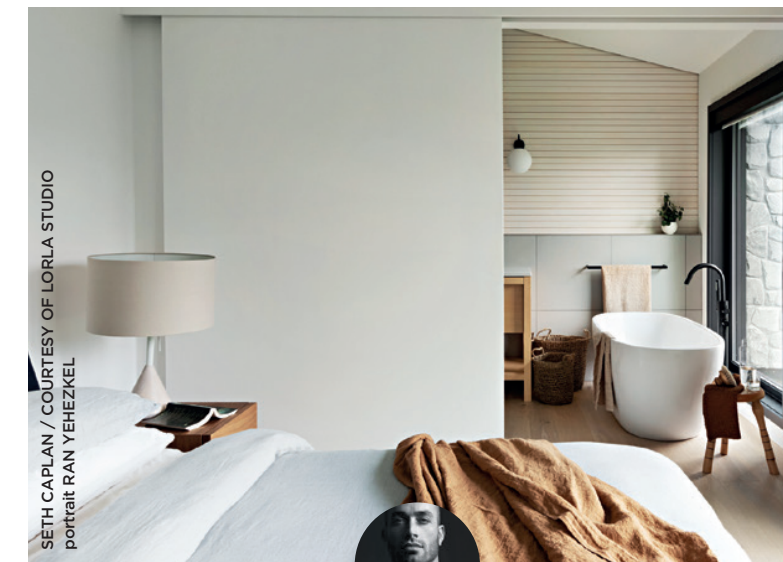
**"THE KEY WAY TO USE COLOUR IN CREATING A ROOM WITH A SERENE ATMOSPHERE IS TO KEEP A LOW CONTRAST — BOTH IN HUE AND VALUE."**

**- CHAD FALKENBERG, PRINCIPAL AT FALKEN REYNOLDS INTERIORS**

#### LAYERS AND VISUAL DEPTH

"To achieve this, we painted the walls and ceiling in a dark gray color, which immediately gives the room a cozy vibe and creates a quiet feeling. A key to creating your own luxurious cocoon-like bedroom at home is to layer in different materials in the same color. This creates depth and richness to build off of. Then, accent the space with contrasting tones and luxe bedding materials, like Italian percale, Egyptian cotton, European flax and silk."

<https://www.lorlastudio.com/>



SETH CAPLAN / COURTESY OF LORLA STUDIO portrait RAN YEHEZKEL



**"WE WANTED THIS BEDROOM TO BE A RETREAT FROM THE CITY, AND A SPACE THAT EXUDES WARMTH AND A SENSE OF CALM."**

**- LAURA HUR, FOUNDER/PRINCIPAL OF LORLA STUDIO**



## PICKING THE RIGHT NIGHTSTANDS AND LIGHTING

### BE YOURSELF

“As the bedroom is perhaps the most intimate room, you should feel free to express your personality,” says Konrad Steffensen, co-founder of Corpus Studio. “You should not obsess on matching pattern, form or color, so try juxtaposing objects even if they seem to clash. This can bring surprise, tension and uniqueness to the bedroom. Look for pieces that don’t conform to their conventional shape.”

<https://sashyathind.com>



CHRISTOPHE COËNON / COURTESY OF CORPUS STUDIO



EMA PETER / COURTESY OF KELLY DECK DESIGN

## COMBINING FUNCTIONALITY AND BEAUTY

“When selecting a nightstand, one must always check the mattress height,” says Kelly Deck, founder of Kelly Deck Design. “For contemporary spaces, I prefer the nightstands to be slightly lower than the mattress itself while for traditional homes, they can actually be considerably higher ... to provide a more regal look. For the lighting, if you are a big reader, you may choose a task lamp over a table lamp.”

<https://kellydeck.com>



JARED KUZIA / COURTESY OF SASHYA THIND

## A SANCTUARY FEEL

“In this bedroom, I focused on a moody palette as an invitation to fully relax,” says Sashya Thind, who helms an eponymous studio. “The idea was to use rich tones that felt cavelike, unlike the rest of the light filled house, to create a space to retreat to after working long hours. The nightstand was selected for its metal top to allow easy maintenance, and its walnut finish complements the bedframe and pairs beautifully with the blue tones in the paint. The lamp is sculptural in nature and the linen shade throws a soft light at night. Decide if you are the kind of person who likes a luminous

<https://sashyathind.com>

## DECORATING FROM FLOOR TO CEILING

### PARQUET OR RUG?

“We generally like to use some sort of soft area rug in a bedroom to provide a sense of comfort. There is nothing better than waking up and stepping out of bed onto something soft. You can use a large rug that covers most of the floor and sits under the bed in the same direction or you can do something more dynamic and position it so it lays perpendicular towards the foot of the bed to provide a more modern, dynamic feel.”

<https://www.galamagrinadesign.com>



**“WOOD FLOORS ARE GREAT BECAUSE THEY ARE DURABLE, LOOK BEAUTIFUL AND ARE VERY GROUNDING.”**

**GALA MAGRIÑA, FOUNDER OF GALA MAGRIÑA DESIGN**



JOSEPH KRAMM / COURTESY OF GALA MAGRIÑA DESIGN portrait JOSEPH KRAMM

## STRONG SHAPES

“Because the ceiling in this bedroom is so low, it’s really eye grabbing and needed something to dress it up,” says Crystal Sinclair, founder of Crystal Sinclair Designs. “We didn’t want to paint the entire ceiling as that would have been too much, so we chose a shape over the hanging light. We opted for a triangle because it’s a fun pattern and it plays off the shape the arms of the light fixture make while also tying in with the geometric rug.”

<https://www.crystalsinclairdesigns.com>



COURTESY OF CRYSTAL SINCLAIR DESIGNS

## BEING INVENTIVE WITH YOUR HEADBOARD



TREVOR PARKER



EMA PETER / COURTESY OF PLAIDFOX STUDIO

### FINDING THE PERFECT PROPORTIONS

“Headboards are a critical visual item to consider when designing a bedroom,” says Ahmad AbouZanat, founder of PROJECT AZ. “The proportion of the headboard size relative to the room size is very important in choosing a bed. The larger the wall (width or height), the better the opportunity to go with a bigger headboard, which can become the focal design element on that wall.”

<https://projectaz.design>

### PEACEFULNESS OR DRAMA

“Selecting the perfect headboard all depends on the feeling and mood you want to achieve in the room,” says Ben Leavitt, lead designer and cofounder of PlaidFox Studio. “A low headboard can make a room more zen and in the case of a low ceiling can make the room feel taller. A grand headboard can give a luxe hotel feel to a space. Colour-wise, if you are looking for neutral, then focus on texture, like a boucle or textured wool. If you want drama and contrast, use a solid tone.”

<https://plaidfox.com>



JL SEALY POSTURELUX EPIC FIRM

## IN SEARCH OF COMFORT

### THE CRUCIAL ELEMENT

The right mattress is a key element to good sleep. Several criteria should be on your list when making your selection, starting with the level of firmness. From extra-soft to extra-firm, every person needs something different depending on their weight and sleeping position: Soft to medium is recommended for side sleepers; medium-firm is preferred for back sleepers and firmer suits stomach sleepers well. There are also several types of mattresses for different results: foam for the best pressure relief; innerspring for more bounce; hybrid for a combination of both advantages; latex for a more natural and organic option — but be aware of the allergy risk; and airbed for those with changing support needs as these mattresses can be adjusted. A mattress can represent an investment but it’s worth spending money on it. ■

<https://sealy.com.sg/mattress-range/sealy-posturelux>