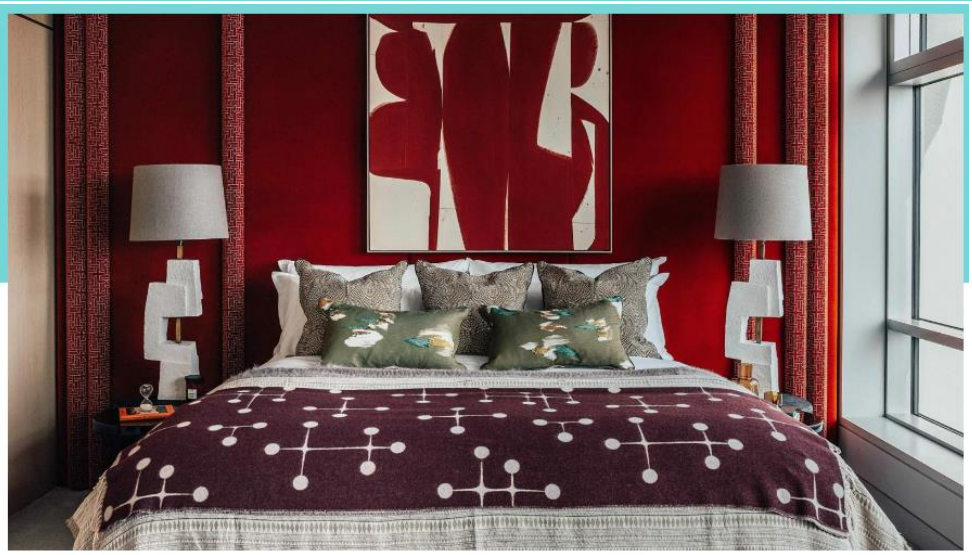
HOMES | ARCHITECTURE & DESIGN

5 ways to create a luxurious bedroom that promotes uninterrupted sleep

By Celeste Goh | May 31, 2024



COVER The bedroom should serve as a culminating sanctuary to unwind and indulge in restful slumber (Photo: Angel O'Donnell / Taran Wilkhu)

For urbanites caught in the relentless hustle of city life, with long hours spent battling traffic to and from work, a home must be a welcoming respite upon stepping through the door.

The bedroom, in particular, should serve as a culminating sanctuary where one can fully unwind and indulge in restful slumber. This also includes weekends when one stays at home and sometimes in bed, preparing for another demanding week ahead.

“It should be a joy to be in bed, and the starting point is always finding that delicate equilibrium for tranquillity and flow of energy to balance ourselves through the night, waking up energised for another new day,” says Somya Singh, co-founder of London-based design studio To&From.

To achieve this “equilibrium,” here are a few useful design tips from seasoned interior designers on crafting a comfortable and sumptuous bedroom that bolsters restful sleep through the night.

1. Pick a suitable colour for the walls

ABOVE A mushroom coloured wall to instil serenity (Photo: TO&FROM / Felix Speller)

Colours are known to influence our emotions and behaviours, and according to *Calm.com*, the hue chosen for your bedroom can profoundly impact the quality of your sleep.

Shades that promote calmness and soothing qualities include blues, soft greens, and neutral tones like beige and soft whites. Soft shades of yellow bring a sunny disposition to the space, while light greens create a refreshing and uplifting atmosphere.

“We used a mushroom colour as a backdrop to instil serenity, applying it to walls, ceilings, and joinery,” Singh comments regarding the studio’s project in Lexham Gardens, London, adding a “three-metre-long headboard in turmeric yellow to elevate the space and provide a warm, energising, sunlit feel.”

ABOVE A playful and bold wallpaper acts as a focal point for a luxurious bedroom (Photo: Charlton Brown)

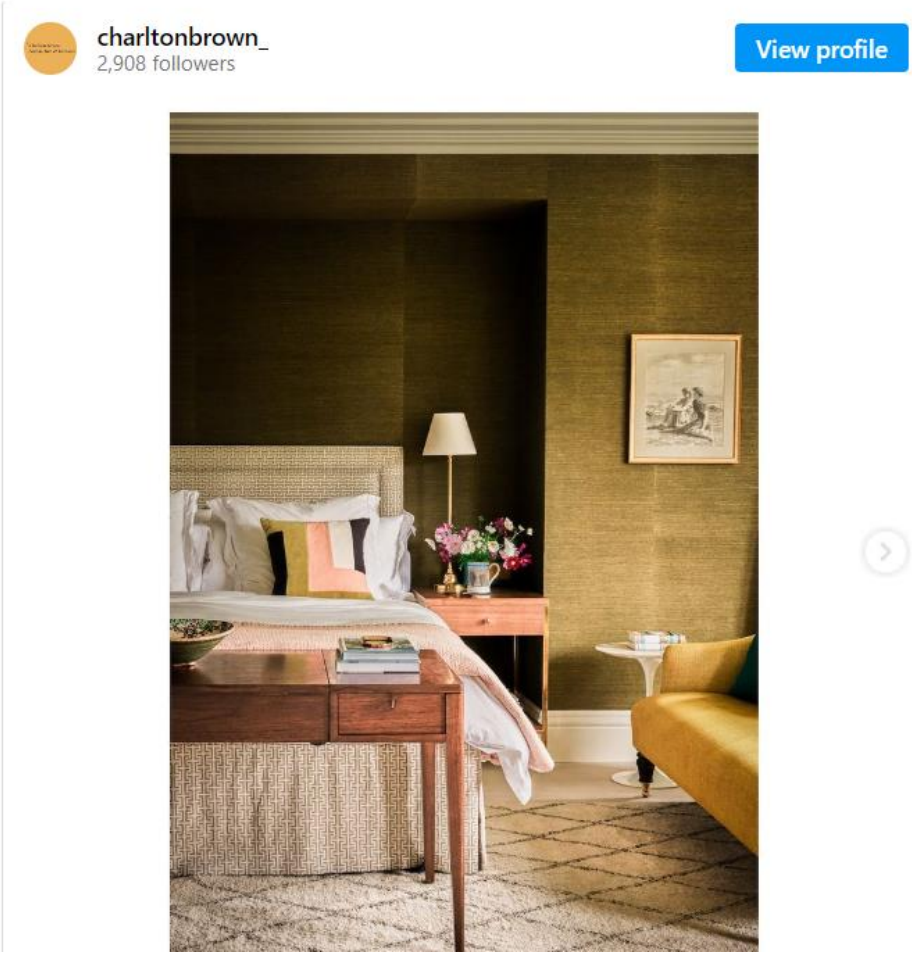
Besides colour, Chris Pask, director of Charlton Brown Architecture and Interiors, encourages the use of wallpaper to “demonstrate your eclectic style and creativity.”

“A playful and bold wallpaper can act as a fantastic focal point for a luxurious bedroom,” he elaborates on the restoration project for an Italianate villa-style apartment nicknamed Liszt House. “Continuing the colour theme of the wallpaper into your bedding and other soft furnishings adds elegant cohesion.”

2. Illuminate the space with perfect lighting

Beyond creating a beautiful and functional space, the perfect lighting can ensure optimal comfort in the bedroom, making it as user-friendly as possible through brightness levels.

“We suggest having a control system for all the room’s lights close to the bed, so you don’t need to get up just to turn off the lights,” Pask advises. “Dimmable switches are ideal so you can adjust the brightness in accordance with the time of day, but don’t make it too complicated.”



Charlton Brown's director adds that a brighter light in the morning helps stimulate cortisol in the body, leading to increased alertness and focus to start the day rejuvenated.

Meanwhile, a warm glow akin to the setting sun can gently increase melatonin levels—both subtle luxury tips that also offer huge benefits to one's well-being.

3. A pertinent headboard is more important than you think

ABOVE Upholstered headboards bring interest and comfort for a beautiful night's sleep (Photo: Studio Vero / Simon Brown)

When furnishing a bedroom, priority is often given to a large bed, quality mattress, and in the spirit of decorating, piles of pillows, cushions, and an assortment of throws. However, the headboard is frequently overlooked or given little thought.

"Upholstered headboards bring interest and comfort for a beautiful night's sleep," explains Venetia Rudebeck, partner at Studio Vero. "For the best possible sleep, you need to ensure the headboard is made using traditional methods and natural materials, such as organic needled wool, which has a wide range of beneficial properties for both health and well-being."

Additionally, she warns, “Definitely avoid headboards that use foam and fire retardancy chemicals, as studies have shown that toxins are released which are not healthy.”

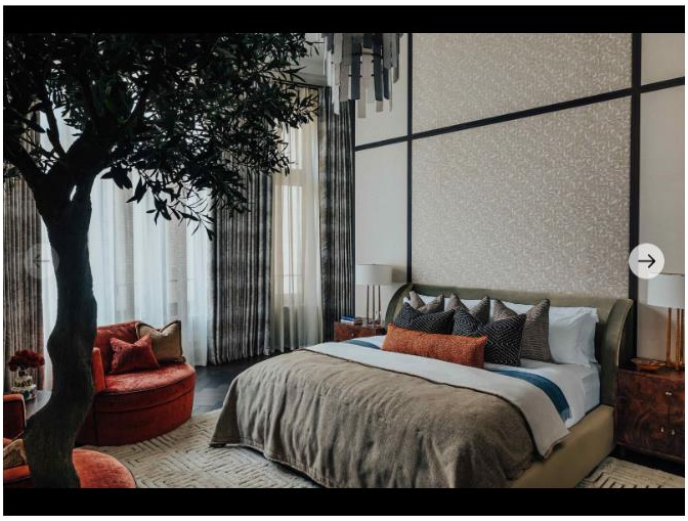


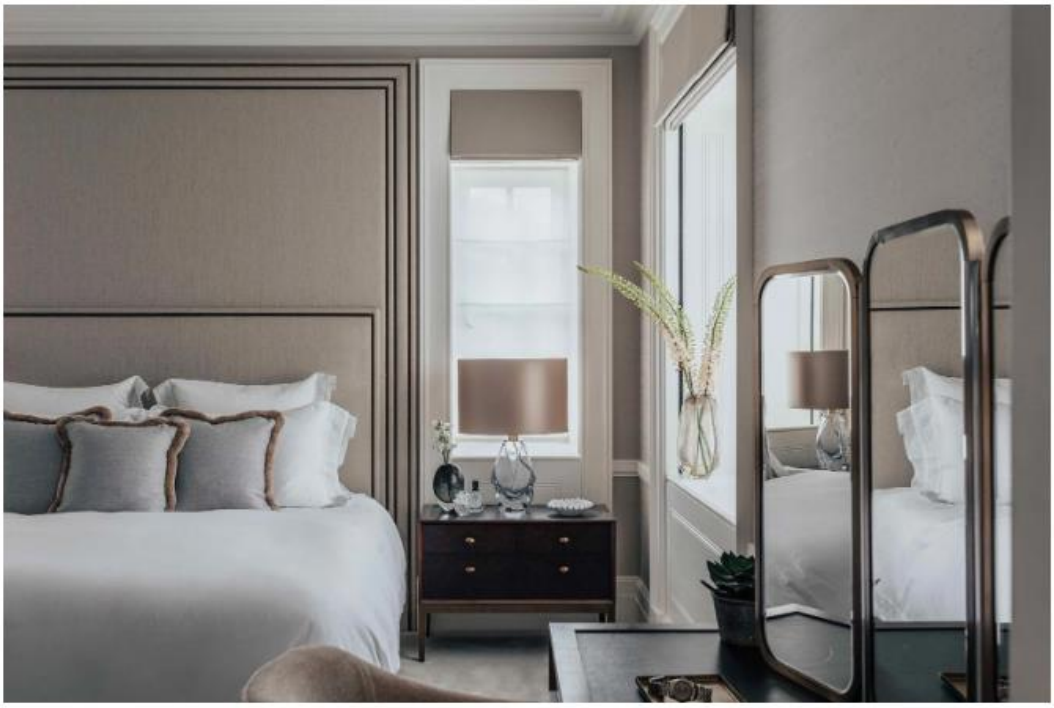
PHOTO 1 OF 2 Pale suede and organically-patterned velvet exudes a more zen-like ambiance (Photo: Angel O'Donnell / Taran Wilkhu)

PHOTO 2 OF 2 A full-height upholstered wall in dark, terracotta velvet is warmly inviting (Photo: Angel O'Donnell / Taran Wilkhu)

A headboard also adds character to the room’s design, and Rudebeck advises “to experiment with colour and pattern, and choose a fabric you really adore.”

For Angel O’Donnell’s show residence in Centre Point, the principal bedroom features a full-height upholstered wall in a dark, terracotta velvet that is warmly inviting. Conversely, at The OWO Residences by Raffles, the headboard wall in panels of pale suede and organically-patterned velvet exudes a more zen-like ambience.

4. Invest in a good luxury bed linen



ABOVE The right bed linen provides a sumptuous and indulgent sleeping experience (Photo: Charlton Brown)

"The most comfortable or preferred linens can create a tactile experience and a delightful retreat in bed," says Singh, as Pask concurs, "Bed linen can elevate the aesthetics and, most importantly, the comfort of your bed, providing a sumptuous and indulgent sleeping experience."

Egyptian cotton is renowned for its softness and high quality, with the director of Charlton Brown recommending a minimum 400 thread count for a more luxurious feel.

ABOVE Egyptian cotton and silk are popular choices for a more luxurious feel (Photo: Charlton Brown)

Additionally, silk is a popular choice for lavish bed linen. Naturally hypoallergenic and gentle on the skin, it is an excellent option for people with allergies and sensitive skin.

“Using pillows and cushions in a variety of textures and colours to decorate your bed is a fantastic way to bring character to your room,” Pask adds. “However, true luxury is found when those have been flung aside, and your perfect pillow awaits you for the best night’s sleep.”

5. Capture the five-star hotel vibe with plush furnishings

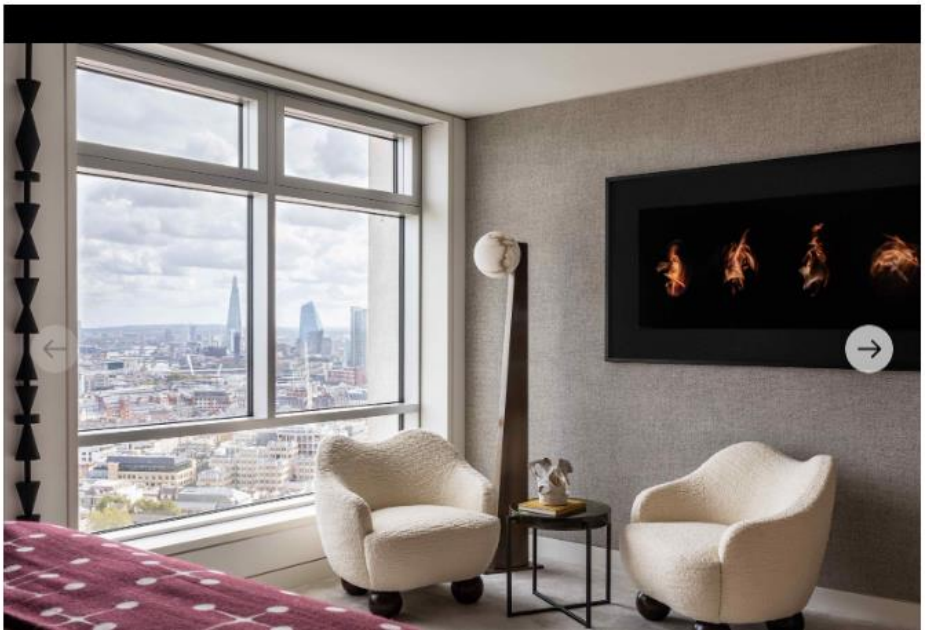


PHOTO 1 OF 2 Soft and warm materials have a soothing, swaddling effect (Photo: Angel O'Donnell / Taran Wilkhu)

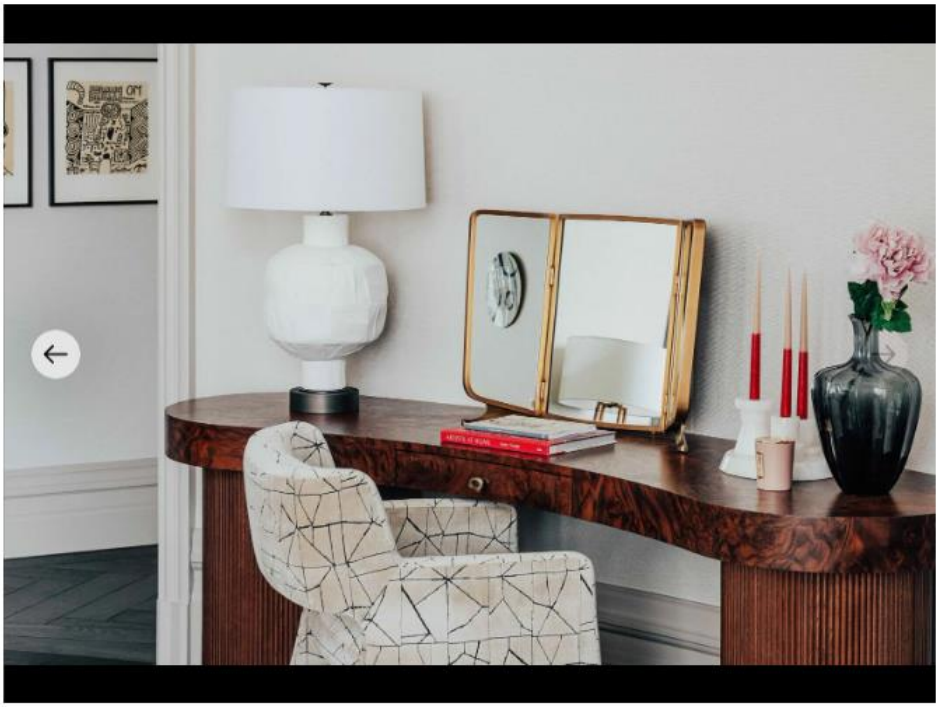
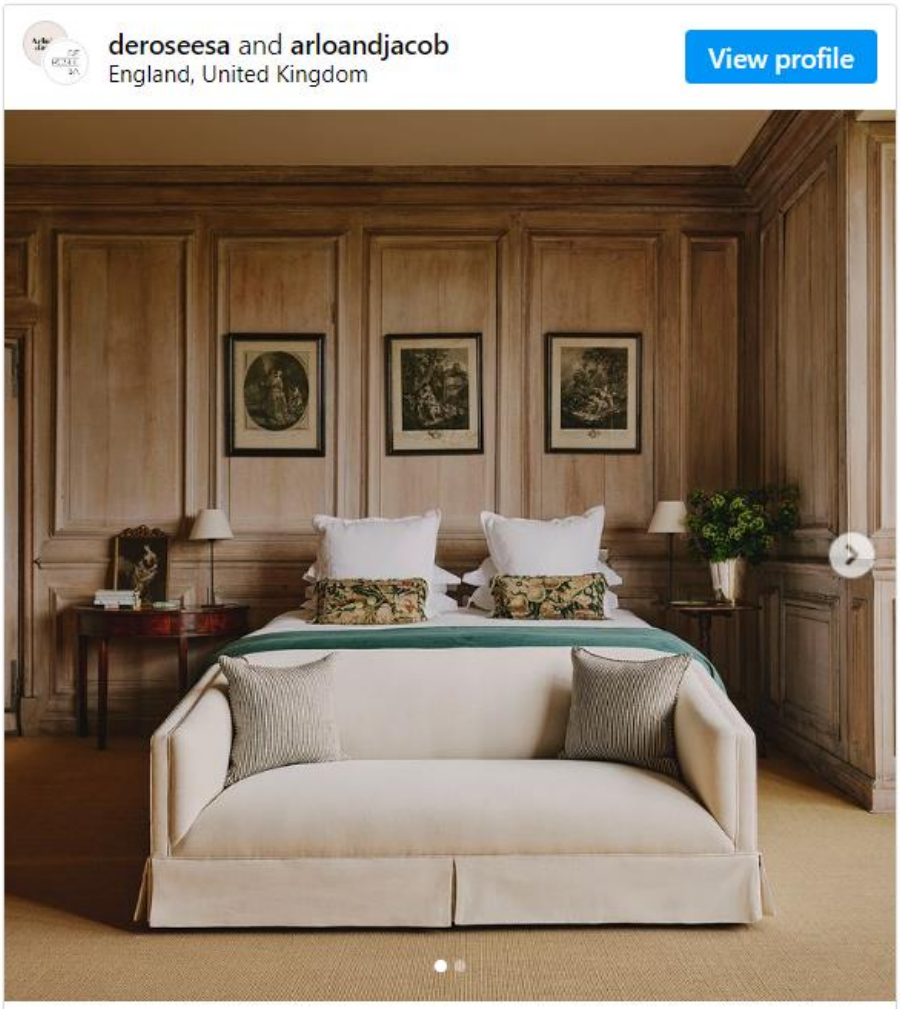


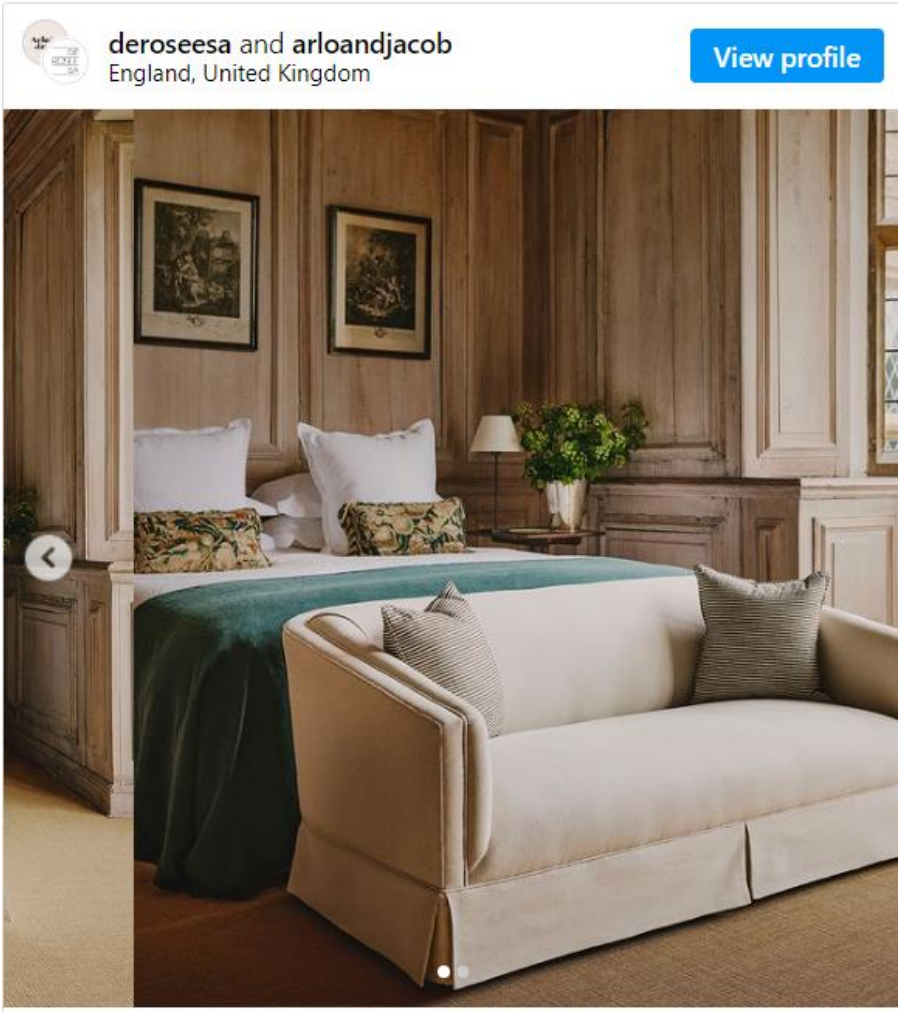
PHOTO 2 OF 2 Bespoke quiet luxury pieces give five-star hotel vibes while also cosy and homely (Photo: Angel O'Donnell / Taran Wilkhu)

Further depth and texture in furnishing can be added to create a sumptuous, restful, and ultimately sleep-inducing bedroom.

“Surrounding yourself with an abundance of soft and warm materials has a soothing, swaddling effect that’s ideal for getting a good night’s sleep,” commends Ed O’Donnell, co-founder and creative director of London-based interior design studio Angel O’Donnell.

“Quietly luxurious furniture of bespoke pieces–a bean-shaped dressing table with fluted legs, and large swivel chairs covered in crushed velvet–gives five-star hotel vibes while remaining cosy and homely,” O’Donnell demonstrates in the studio’s project for The OWO Residences by Raffles.





“Meanwhile, piles of pillows, cushions and throws add to the tactility and cosiness of the space,” he adds. “From a visual perspective, the room packs a punch, but more importantly, it manages to balance a bold, modernist statement with a feeling of snugness, well-being and intimacy.”

Claire Sà, co-founder and director of De Rosee Sa, also sees functionality in furnishing that displays hotel suite-style feel: “A sofa at the end of the bed evokes the notion that there’s more to the room than only sleeping. It offers both a place to sit as well as additional storage for decorative cushions and bed linen when you get into bed.”