



IT'S BEDTIME!

PROPERTY GURU AND CITY DWELLER MAGAZINE COLUMNIST CHRISTINE YORATH GIVES HER BEST ADVICE ON MAKING YOUR BEDROOM A ROMANTIC RESTFUL PLACE



I want to talk to you about going to bed!

Is that something you look forward to and does your bedroom provide a haven for recreation, romance and restful sleep? Is your bedroom calm, clean and inviting or cluttered, cold and unwelcoming?

When I owned Flats in Leeds I saw the way many people lived in the course of my days work. The bedroom

was often the most cluttered and off putting place in the home, almost an afterthought. I was surprised how some tenants paid well over £1000pcm rent and made the bedroom in to a place I didn't want to be in even in daylight in a work capacity and I couldn't understand why anyone wanted to put up with such a mess!

To encourage a restful sleep the bedrooms should have soft colouring, even if its dark and the beds must have a headboard, ideally fitted to the wall rather than the bed and if there's space with bedside cabinets at both sides. The foot of the bed should not face the door in to the room. Iron and wood headboards have been in fashion at different times but they are not comfortable and do nothing to help acoustics.

Clean, ironed sheets; softly lit lamps; fragrance (reed

diffusers are a good option and safer than candles) and no clutter are also a must. Even the smallest bedroom can be clean, warm and comfortable and a haven away from the stresses of the day. Bedding is best being white or neutral, a contrast border is fashionable but patterns are not and if you have a super king bed (6ft wide) you need extra wide pillows which are 7" or 8" longer than usual at 36". Dunelm and John Lewis sell these and pillow cases to match. It saves the gap in the middle of the pillows!

If you read or watch TV in bed then you will probably want some extra cushions on the bed and if you relax on the bed before turning in for sleep you will enjoy a throw to put over yourself and it can be a nice decorative addition as well. Good storage will help to keep a place tidy and a simple linen basket in the

bathroom is a good way of hiding dirty laundry until wash day.

I love my new Amazon Echo and it's a great, effortless way to have the right sort of music at the volume you want, literally on command.

I have designed numerous bedrooms in lots of different homes but the thing they always have in common is they are clean and comfortable and the basic rules apply for every size and style of bedroom.

*Till Next Time,
Christine*

For more advice go to www.christineyorath.com or get in touch by emailing christine@yorathgroup.com or ringing 07836 737300.