



Learn 5 Tips for Choosing Bed Linens

Description

Given that we spend around one-third of our lives sleeping, it makes sense to invest in bedding that is both pleasant and long-lasting.

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However, the decision-making process can be difficult with so many options available — thread count, fabric make-up, patterns, and solids. So we enlisted the aid of DwellStudio founder and all-around bedding expert Christiane Lemieux to simplify the process.

1. The number of threads

Thread count is no longer an indicator of quality. A high thread count is only a numbers game unless it's a great and extremely costly fabric: many businesses trick the figures with double twist yarns in a cheaper fabric. "Because of the crisp, chilly feel of a 400 single pick percale sheet, I prefer it. However, if you prefer a soft, warm bed, a superb flexible jersey sheet can be your thing, and this has nothing to do with thread count," Lemieux explains.

2. Material The material you choose for your sheets is entirely a matter of personal preference.

Consider this: it's what you're wearing for eight hours a day.

Cotton: The greatest (and most expensive) fabric is 100 percent Egyptian cotton, which contains extra-long staple fibers that form luscious yet incredibly durable bedding.

Cotton Pima or Supima: A material with medium-to-extra-long staple fibers recognized for its softness and gloss and is slightly less expensive than Egyptian cotton.

Linen: Linen sheets are among the most expensive on the market, yet they last for decades and are ideal for hot climates. “I love all the enzyme-washed linens on the market right now,” Lemieux says, for an already worn-in look and feel. “They’re soft and resilient, and they get better with age.”

Sheets of poly-blend material: Simple and wrinkle-resistant.

3. Embroidery

How sheets are woven has a direct impact on how they feel. Lemieux’s favorite, Percale, is lightweight and tightly woven, resulting in crisp, cool bedding, whereas microfiber’s super-tight, dense weave makes it wrinkle-resistant, extra-soft, and water-resistant. Other weaves to consider are sateen, ultra-soft and glossy, and flannel, which has a diaper texture ideal for cold regions.

4. pattern

Sheets, like any other element in the bedroom, contribute to the overall decor. “I always recommend a mix of small, medium, and large scale patterns in the same color family,” Lemieux explains. “It’s a simple method to begin experimenting with prints.”

Seasonality is number five.

It is entirely up to you how many sheets you require and how frequently you like to change things up. But keep in mind that sheets that appear to be summery can be worn all year. So to make your bed cozier for the fall and winter months, add a coverlet, blanket, and throw.

Category

1. Lifestyle

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