

# Sweet DREAMS

Trisha Harinath looks at the essentials  
for a bedroom sanctuary

A bedroom should always be treated as your own personal sanctuary. For this reason, creating the ideal space should be high on your priority list. According to Judy de Villiers, owner of JDV Interior Designers, the perfect bed, calming colours, lovely soft textures, good air flow and absolutely no clutter are the essentials for a bedroom sanctuary.

The next things to consider are lighting, furniture and, of course, underfoot luxury in the form of rugs. >





Wanda-Michelle Interiors



Newport Lighting



Décor Identity



Eagle Lighting

## FURNITURE

Although the bed and headboard are generally the main focal points of a room, Karen Cawthorne, the owner of KARE, explains that “depending on the size of the room a dressing table with a chair, a long ottoman or bench at the foot of the bed, chests of drawers, slippers chair and perhaps some freestanding armoires or wardrobes, especially for more gracious spaces, would also be stylish additions”.

Touching on the latest bedroom furniture trends, Natalie Hadlow, general manager at Wanda-Michelle Interiors, says that plush and comfortable furniture is always a win with integrated headboards and pedestals, and freestanding accent pieces where possible.

Hadlow also advises home owners to choose bespoke furniture pieces for the bedroom. “Going bespoke ensures that everything fits exactly to the room and reflects your individuality and preferences.”

## LIGHTING

Great lighting is an essential component to a bedroom. These days lighting is all about layering. Sandy Marshall, sales and marketing manager at Zebbies, recommends using multiple layers of lighting to suit its application as well as enhance your overall décor. “Create flexibility with separate switching or dimming,” she says.

Guy Harris, lighting designer and owner of Newport Lighting, agrees with this and adds: “Besides the conventional chandelier and bedside lights, you may also want to consider recessed lighting around the beds and cabinetry or down and back lighting to highlight architectural features or pieces of furniture.”

To create the ultimate ambient lighting, Conrad Wagener, managing director of Illumina Lighting, explains: “Ambient lighting is best achieved with ceiling fixtures such as pendants or chandeliers. This will offer enough lighting for activities where bright, focused light is not needed and usually provides for shadowy contrasts through design.”

Another trend in bedroom lighting is to move the lighting from the centre of the room to the outer edges of the room. “This is achieved by either placing downlights in a linear fashion along one or more of the walls or installing LED tape lights along one or more of the walls,” advises Eagle Lighting’s retail manager Ryan Carthew. He also recommends installing LED tape lights inside the cupboard as this will limit the amount of light pollution in the room itself.

When it comes to dimmer switches in the bedroom, Kelly Klopfer, junior brand manager at Eurolux, says: “We cannot stress enough how important a dimmer switch is. Being able to turn the lights down low creates a cosy environment but it also encourages the brain to produce melatonin, which will help you have a more restful sleep.”



Rugs Original



Gonsenhauers Fine Rugs



Zebbies



Paras Carpets



Eurolux

Illumina Lighting

Eurolux

## RUGS

“Rugs in bedrooms offer both aesthetic and practical uses. There’s no better feeling than getting out of bed and sinking your feet into a plush floor rug. Rugs create an aesthetic focal point, and can also unify a space and offer essential texture. They can also accentuate a sense of tranquillity or elegance, depending on the look or feeling you are aiming for,” says Charles Gonsenhaus, owner and third-generation rug dealer at Gonsenhauers Fine Rugs. He recommends choosing your rug first as the foundation to your bedroom décor scheme. “Rugs form the foundation of the room around which you then select your furniture and other items. Ensure the rug is large enough to fit under the bed and have sufficient space around the sides and foot of the bed,” he adds.

When it comes to rug placement, Trevor Blumberg, managing director at Rugs Original, offers this piece of advice: “If you have chosen to place a large rug in your bedroom, the rug should be placed under the middle of your bed, with the three other sides spilling out from the edges of the bed, framing the bed area. If you have chosen two smaller rugs, these need to be placed on either side of the bed, with the middle of the rug where you place your feet when you face the day.”

And finally to ensure that you get the rug for your bedroom that you will love for years to come, Belinda Michaeli, manager at Paras Carpets, recommends that you “take into consideration the look and feel that you would like to achieve when selecting a rug or carpet for the bedroom – for a tranquil and serene feel, choose neutral colours with an overall pattern; for a statement and bold scheme, choose rugs with strong lines, patterns and splashes of colour”.

Elisha Annandale, owner of Décor Identity, suggests that to create the ultimate bedroom sanctuary you should keep it simple and create a space you can relax in and enjoy after a long day. “Bring in items that calm you and use colours that you enjoy in your accessories, scatters and art.” 🏠

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