

bedlinen layers

SNOOZE CONTROL

WE DIVE UNDER THE COVERS WITH THREE BEDDING EXPERTS TO LEARN HOW TO LAYER A BED AND MAKE IT YOUR OWN

Words JESSICA BELLEF



Layers of pattern, texture and vibrant colours is a harmonious combination in this cosy bedroom designed by Lisa Burdus.



“Natural fabrications are trending, leading to a relaxed tonal look that’s all about layering”

CHRISTIE MAARTENSZ,
HEAD OF HOMEWARES,
FREEDOM

NATURALLY FAB FABRICS

Linen Woven from flax fibres, linen is breathable and highly absorbent, which allows it to regulate your temperature as you sleep. It has an organic, stylishly crumpled look that softens with age.

Cotton Derived from the cotton plant, cotton is easy to care for and relatively inexpensive. It is processed into many forms, including flannel, corduroy and jersey. Choose long-staple cotton for a higher-quality finish that is less prone to pilling, fading and wrinkling.

Silk A soft fibre produced by the silkworm that is synonymous with luxury, silk is a smooth, delicate fabric. It is high-maintenance, but if you suffer from hair frizziness, sleeping on a silk pillowcase will also magically tame those tangles.

Bamboo Made from fast-growing bamboo plants, bamboo fabric can be as soft as silk, with excellent cooling and antimicrobial properties. It’s a great choice for the eco-conscious hot sleeper with sensitive skin.

Wool Naturally stain-resistant and odour-resistant, sheep’s wool is highly durable and actually helps to purify the air. You may have to invest a little more for this wonder material, but it will last a lifetime. >

Styling bedlinen is all about bringing together inviting layers that deliver on the promise of peaceful slumber.

As the most personal pocket of our homes, a thoughtfully composed bed can buffer against those daily stresses and increase wellbeing. “People are embracing ways to turn their bedrooms into cosy sanctuaries, where they feel cocooned and safe,” explains Meghan McGann, head of brand at MyHouse and House – Bed & Bath.

Fabrications across all categories are leaning towards tactile and natural materials that feel oh-so-good to touch. “There is a yearning for

new and interesting textures,” says Christie Maartensz, head of homewares at Freedom, where vintage washes and quilting are key. “People aren’t travelling and staying in hotels as often as they’d like due to the pandemic, and they want to invest in their bedrooms.”

When it comes to prioritising your bedding budget, interior designer Lisa Burdus makes an excellent point. “I wouldn’t scrimp on sheets,” she says. “You are in them for eight hours every day – you want to be comfortable!” Christie agrees, noting: “There is nothing like getting into a beautifully dressed bed [above and opposite] that is also really comfortable.”

PHOTOGRAPHY (THIS PAGE) MARNIE HAWSON (OPPOSITE) MAREE HOMER INTERIOR DESIGN (OPPOSITE) LISA BURDUS



BEYOND BASICS

Before you start anew, consider our experts' must-have bedding elements and nifty ideas on storing and caring for your bedlinen

A thoughtfully layered bed can make the whole room sing, as in this dreamy bedroom by interior designer Lisa Burdus.

Beautiful BEDDING

"Start with a favourite, non-negotiable piece and add layers one at a time"

MEGHAN MCGANN,
HEAD OF BRAND, MYHOUSE
AND HOUSE - BED & BATH



Key ingredients

You could just throw a duvet over your bed and call it a day, but let's be honest – layering up the textiles to create a plush, alluring oasis is a much better approach, don't you think? Christie from Freedom notes the increased popularity of the coverlet as a lightweight outer layer option. "They are so versatile," she says. "You can fold them down at the end of your bed, double them up for warmth or spread them out as the main feature." Interior designer Lisa loves the depth that patterned sheets and pillowcases imbue, and she also considers the valance or bed skirt a vital component of a complete look. "It really is one of the most underutilised things out there, but it's like shoes completing an outfit – it's an important anchor piece," says Lisa. For Meghan, the Euro cushion is much more than an option. "We always like to use Euros in our styling because it gives the bed a sense of height, authority and volume," she says.

Hit refresh

Washing your bed sheets and pillowcases weekly on a gentle cycle is highly recommended to keep the bedding free of nasties like dust mites and dead skin cells. Good ventilation and an organised approach are essential for bedlinen storage bliss. Pop neatly folded sheet sets into their matching pillowcases before placing them into your linen cupboard. "For households with different-sized beds, it's a good idea to dedicate different shelves to the various sizes so they are easier to find," says Meghan.

PHOTOGRAPHY (TOP RIGHT) NIC GOSSAGE (OPPOSITE) MAREE HOMER
STILL LIFE COLOUR STUDY (THIS) ARTWORK CATHERINE HICKSON



HIT SNOOZE

FROM LEFT Vintage linen fringe round cushion in Olive, \$89.95/55cm, Aura Home. 'Aquarius' linen cushion, \$160/50cm x 50cm, Greg Natale. 'Megan' wide queen velvet bedhead in Olive Green, \$829/268cm x 110cm, Brosa. 100% flax linen sheet set in Rust, \$280/queen, Bedthreads. 'Gigi' cotton/acrylic throw, \$189.95/150cm x 130cm, Kas Australia. Heavy linen bed cover in Pine, \$350/260cm x 240cm, In Bed. >



STYLE THE PERFECT BED

1. Prep for success Ensure your duvet and pillow inserts are evenly distributed in their covers and puffed up. Upsize your duvet and outer layers to get a generous drape. Got a queen-sized bed? Go king!

2. Firm foundation Add a valance and then pull a fitted sheet over your mattress, smoothing down all creases. Follow this with a flat sheet, laying the print or piping detail face-down.

3. Build it up Position your duvet or coverlet so there is an even overhang. Cuff this outer layer by folding the flat sheet over it at the head of the bed, for a hit of colour or pattern.

4. Pillow perfection Lay the pillows flat and stacked for a modern look, or prop them up against a tall headboard. Euro cushions placed behind the pillows add softness and height variation.

5. Final flourish A fail-safe cushion combination is two square cushions sitting upright with a smaller rectangular or bolster cushion centred in front. Fold a blanket or additional coverlet over the end third of the bed for a neat finish, or loosen up the look with a casually draped throw.

WORKING THE PALETTE

Beautiful things happen when you break free of thinking that matchy-matchy bed layers are the only way to go

Prints charming

Perturbed by pattern? Interior designer Lisa can help you here. “It’s about the scale of the pattern and using patterns at different heights in the room,” she says. “It’s basically about repetition, but not necessarily matching patterns in a strict colour scheme.” Lisa will often unify the look with patterned lampshades on the bedsides. Add in block colours to break up the prints – and if you prefer a monochromatic, pattern-free look, Christie from Freedom suggests contrasting the textures to create depth.

Colour theory

While our experts report that muted blues and greens are trending, it’s important to personalise your space with the colours you love. Draw palette inspiration from existing elements in the room, such as the art or rug, but don’t let that limit you. “Throw in something offbeat,” says Lisa, explaining that the unexpected twist will add a punch of personality. If you stick to white sheets and duvet sets, it’s easy to experiment with colour by updating the cushions and throws.

PHOTOGRAPHY (THIS PAGE) ALANA LANDSBERRY (OPPOSITE) MAREE HOMER
STYLING (THIS PAGE) CORINA KOCH



“Using layers of pattern and colour on the bed is a nice way to bring everything in the room together”

LISA BURDUS, INTERIOR DESIGNER

In this design by Lisa Burdus, pattern flows across the bed and onto headboards and lampshades, creating a cohesive and inviting sleeping zone.