



ABOVE: Whether you are looking for something traditionally timeless or an expressive contemporary look, The Original Bedstead Company offer creations to suit every taste. This Atholone bedstead is priced from £1,089.00.

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Low looks

Having climbed to new heights in recent years the trend for bed heights is downwards again. Most of the height loss is coming off the bases; mattresses are bursting with upholstery fillings and tightly packed spring units.

Whites

Whites, creams and ecru remain hot favourites for cover fabrics. Top of the range are glossy woven damasks; closely followed by matt textured cottons and knits. Coloured plains are also popular, from cool pastels to hot spicy shades. Watch out however for an explosion of colour and design as large scale digital printing technology gets underway. Whether your preference is for your favourite flower or a picture of the kids, the age of the personally customised bed cover is nigh!

Going high tech

Gone are the days when you just chose between a sprung or non sprung mattress. Ingenious new spring units and high performance new foams – such as the pressure relieving/mould to your body visco-elastic memory foams – and other fillings materials are appearing almost daily. Make sure the construction of your bed gives you something to talk about over dinner. High tech covers are also coming in – options include fabrics which offer micro climate control; are super-hygienic anti-fungal; are completely non-chemically treated.

All action beds

You need action – from pull-out drawers to all singing, all dancing models with electrically adjustable head and foot positioning, complete with massage units: the choice is yours. You can even get models with adjustable firmness or full climate control!



ABOVE: This elegant Waterford bedstead is priced from £1,199.00. Available from The Original Bedstead Company.



LEFT: This Sherwood bedroom is a bespoke classic from Scottwood of Nottingham featuring just some of the superior design and ergonomic details available.

What's Out?

Standard size (4ft 6in/135cm) double beds – unless it's intended for single occupancy.

Hand me downs or second hand beds – will seriously dent your carefully constructed image. Just think of all the perspiration and skin scales that have come off its previous occupants over the years, for starters.

Rock hard beds – unless you are determined to be a masochist.

Go for core support coupled with lots of cosy comfort layers.

Beds over 10 years old – definitely past their best before date – and after all, you deserve the best possible environment to help you through the land of nod, don't you?

Uncomfortable beds – don't put up with it for a moment longer. Research by sleep expert Professor Chris Idzikowski indicates you could be losing up to an hour's good

quality sleep in an uncomfortable bed. Chuck it out, whatever its age – and start again.

A well-made mattress is like a beautifully upholstered chair. There is so much more below the surface. Mattresses can be made out of manmade fibres as well as cotton, horsehair, latex, wool, sprung-edge and pocket sprung to name but a few. For ultimate luxury, mohair, cashmere and feathers can even be used in the filling.