

Create soothing, tranquil space to help get a good night's sleep

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Getting a good night's sleep is a top priority for all of us.

We don't need the scientists to tell us we can think, move and act with more energy and precision when we have slept well.

The colour of the walls, the window treatment and the floor covering play a part in the overall visual impact -- the bedroom's aura.

How you decorate will change with the times as well as your age and situation. The choices are varied and imaginative.

For those who are looking for a peaceful, tranquil atmosphere in which to wind down, neutral shades and patterns inspired by nature will provide a soothing balance.

Pastel floral hues, white and wood tones, simple furniture lines, and bare floors allow the room to breathe and the senses to rest.

If you are happiest amid layers of colour and pattern, the romance of a traditional bedroom is a joyous mix of fluffy duvets covered in cotton chintz, lavish window treatments, and plush carpets.

The bed is the special focal point, perhaps an antique brass or wrought iron frame, a four poster, or a bed with a special headboard either padded in luxurious fabric or ornately carved.

A bedroom with a more masculine sensitivity can be a mix of the tranquil and traditional.

Fabrics such as flannel, wool and tweed, inspired by men's suits will create a cozy men's den atmosphere.

Companies are launching more men-focussed designs.

I've just heard about the first car company/bed collaboration, and their hot new bed, the stylish Tonino Lamborghini by Magniflex mattress.

Contemporary bedroom designs are a mix of dramatic and sleek. I designed a small condo bedroom making the most of reflective surfaces to open the space and chose theatrical black and white to set the mood.

The black painted shadow stripes are broken up by a large mirror against which sits the modern black and chrome headboard.

Pale pink walls are reflected in the mirror, and a few bright red accent cushions and candle are punchy accessories.

Decor is important to us, but it's what lies under the sheets that makes the biggest impact on a good night's sleep.

Andrea Mugnae, U.S. general manager of Magniflex mattresses, notes that over the last 5 years, the demand for better sleeping products has exploded.

Consumers are more educated about what it takes to get a healthy sleep, and are looking for good support but with a plush feel.

Eco-friendly goes beyond what's in the mattress to how it is manufactured and even how it is transported.

Mattress materials now include bamboo, organic wood and cotton, shredded rubber, and buckwheat hulls to name a few.

Aromatherapy continues to be a key trend for promoting relaxation, and now it goes beyond having a scented candle in a safe container by the bed.

Using intricate nanotechnology Magniflex is infusing mattresses with lavender and other essential oils.

Popular in Europe, the Magniflex Lavender Comfort Mattresses have arrived in North America.

The scent and therapeutic benefits of the lavender-infused mattress will last for 5 to 7 years, and you can remove the mattress covering and wash it without losing the scent.

Due to the new design of this mattress's foam core, it can be vacuum packed into a small size making it easier to deliver and reducing the carbon footprint when delivering.

Email or call for US and Canadian retailers, infousa@magniflex.com, (646) 330-5483.

The ambiance is important, however the best part of your bedroom is not what you see, but what you feel and the surrounding scents.

A mattress suited to your body type and sleeping patterns, a good pillow, luxurious smooth sheets, and a little aromatherapy are sure to provide sweet dreams.

* Debbie Travis' House to Home column is produced by Debbie Travis and Barbara Dingle. Please email your questions to house2home@debbietravis.com.

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