How can I decorate my bedroom for better sleep?

You can make a sleep schedule and follow the Better Sleep Handbook to a tee, but if your bedroom isn't a relaxing place, you'll struggle to fall asleep and might even avoid going to bed because you hate your room.

The good news is you can decorate your bedroom for better sleep and turn it into a space you can't wait to spend time in. Here's how:

Use calming colours

Soft, muted tones like pale blue, lavender, and light grey can promote relaxation. These colours are also timeless and suit multiple interior designs.

White is an easy choice; you can dress it up with pops of red, orange, and lime green to give your bedroom some much-needed character.

Minimise clutter

Keep surfaces clear and organise your belongings to reduce visual distractions.

An [ottoman bed](#) is the best furniture for storage because it uses the entire underside of the mattress as storage space. The result? Way more storage than drawers. You can also choose an end or side-lifting bed to suit your bedroom layout.

Photo by Christopher Jolly on Unsplash

Make it dark

To block out light, install blackout curtains or shades. You can get these made to measure online and install them with a drill and patience.

Our favourite setup is a made-to-measure roller blind to lock out light and lightweight net (voile) curtains for privacy and daytime light.

Add soft lighting

Dimmer switches for your main lighting and dimmable bedside lamps are fantastic at changing your bedroom's ambience on a whim.

Also, look for opportunities to install ambient lighting that highlights features in the corner of your room, on the walls, and underneath your bed.

Use round shapes

Sharp angles can give your bedroom a rough and ready appearance.

Round corners, circular forms, and curved lines can help create a more peaceful environment. Choose furniture with rounded edges, such as oval or circular nightstands, dressers with curved fronts, or a [bed](#) with a rounded headboard.

Comfortable bedding in breathable fabrics

What's the worst bedding mistake you can make? 100% polyester bedding — it's scratchy, washes poorly, and doesn't breathe as well as cotton.

We recommend plumping for 100% Egyptian or organic cotton to ensure a soft and washable bed set. Polycotton is okay, too.