

A Restful Bedroom

Ideas you can use
to design your own private haven at home

BY JUDITH WILSON



***ADD SOOTHING SCENTS** to make a bedside table more pleasing. Bouquets of cut flowers, preferably fresh from the garden, plus a lightly scented candle can enhance a peaceful mood.*

The world can be a noisy, stressful place, so now more than ever, we're seeking peace and quiet at home. And what better escape is there than the bedroom, the room we return to at the end of every day? Whether spacious or intimate, your room can be tailored to your needs—from reading, resting, and meditating to exercising or watching TV. Here's how one couple created an in-home sanctuary.

The owners wanted a cozy feeling in the new, spacious bedroom suite they added onto their home. They decided to divide the space into zones for different activities: relaxation (the snug, well-dressed bed invites napping), correspondence (a desk and chair provide a convenient spot for writing), and entertainment (the television can be viewed from both the bed and the armchair, when pulled around).

For these city dwellers, there was a certain appeal in creating a rural-inspired haven with traditional architectural detailing. They placed the master bedroom at one end of a hall, with a dressing room off to the right and a bath to the left, creating a peaceful oasis from family life.

WHERE PROPORTIONS ARE GENEROUS, PLAY WITH SCALE to maintain an intimate mood. If a space feels too tall, elevate the bed and paint the beams the same color as the ceiling.

Retreat





Sloping ceilings and beams add a cozy ambience, while tactile surfaces and a soft color scheme promote a restful mood. The owners chose robust rush matting underfoot and a softly patterned wallpaper. The focus of the room is the bed, where there's a mix of comfy textures, including an antique quilt, a down comforter, and soft pillows. The color palette features restrained neutrals warmed with shell-pink and terra-cotta.

Control of light is vital in a spacious bedroom, so both natural and artificial illumination were considered. Twin sets of French doors let in masses of light, yet they're fitted with full-height wooden shutters for privacy. Louvered shutters on the other windows allow the owners to play with light and create pretty shadows in the room. And at night, a selection of lamps, both by the bed and on the desk, cast gentle pools of light into the room. **H**

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PLEASURABLE TASKS ONLY are permitted at the bedroom desk above. It should never be used as just another place to plant the laptop and work files. Reserve it for reading and personal correspondence.

IN A RETREAT BEDROOM, the TV should combine discretion with accurate positioning. In this case, it can be viewed from the bed or from the chair (right). A neat wall-mounted screen or a small TV on an extending arm is the best choice.



Follow this path to a peaceful retreat

- **Shut out the world.** Create the illusion of entering a small apartment by adding slim double doors at the end of the hall leading to the master bedroom.
- **Create a true master suite.** Make room for a new bath, dressing room, or walk-in closet by stealing space from one end of a large bedroom.
- **Take a look outside.** Arrange furniture to make the most of a great vista—or hide a bad one.
- **Pay attention to lighting.** Borrow decorative lighting ideas from boutique hotel rooms, which are designed for tranquility. Plan your lighting circuit so that overhead illumination can be switched off from the bed, add wall-mounted reading lamps to reduce bedside-table clutter, and provide a dimmer switch to control mood.
- **Cut down on noise.** Line walls with fabric such as felt or Hessian, a finely woven jute, to muffle sound. Line curtains to reduce outside clatter. If street sounds are a nuisance, invest in double- or even triple-glazed windows. Choose carpet or natural-fiber flooring to soften footfalls, or add fluffy rugs to wood floors.
- **Surround yourself with music.** To pipe in soothing, unobtrusive music, install ceiling or wall speakers.
- **Find a professional to help.** If you want to rearrange your space but need ideas, consider hiring an architect for a one-time consultation to find the best way to use your available rooms. Then save money by project-managing the work yourself. —J.W.

