

WANT THE *bedroom* of your dreams?

Picture waking up to one of these sleeping beauties, then find out how to pull it off for real.



YOU'RE DREAMING OF A BEDROOM **as peaceful as clouds**

You'll feel like you're *floating* in them if you surround yourself with a puffy headboard and down comforter, flowy linen curtains, and a cushy knit rug (it's from Rugs USA). Stick with white, creams, and soft grays. Hang an image above your bed that shows some sky and it'll really take you away.

Coral Gables, FL, room design by Ann Ueno, Ann Ueno Interior Design



**YOU'RE DREAMING OF A BEDROOM
that's all about a good night's rest**

Navy walls envelop a room, transforming it into an intimate retreat that seems far away from the rest of the house. (The color is Hague Blue by Farrow & Ball.) Darker spaces are said to be less energizing to the brain, and they reflect less light, encouraging sound sleep. A velvet bed and a shag rug (by Loloi) couldn't be cozier.

Charlotte, NC, room design by Kelley Lentini and Berkeley Minkhorst, House of Nomad

OPPOSITE PAGE: LAURA SUMRAK; THIS PAGE, FROM TOP: DIANA PAULSON; CHRISTOPHER STARK

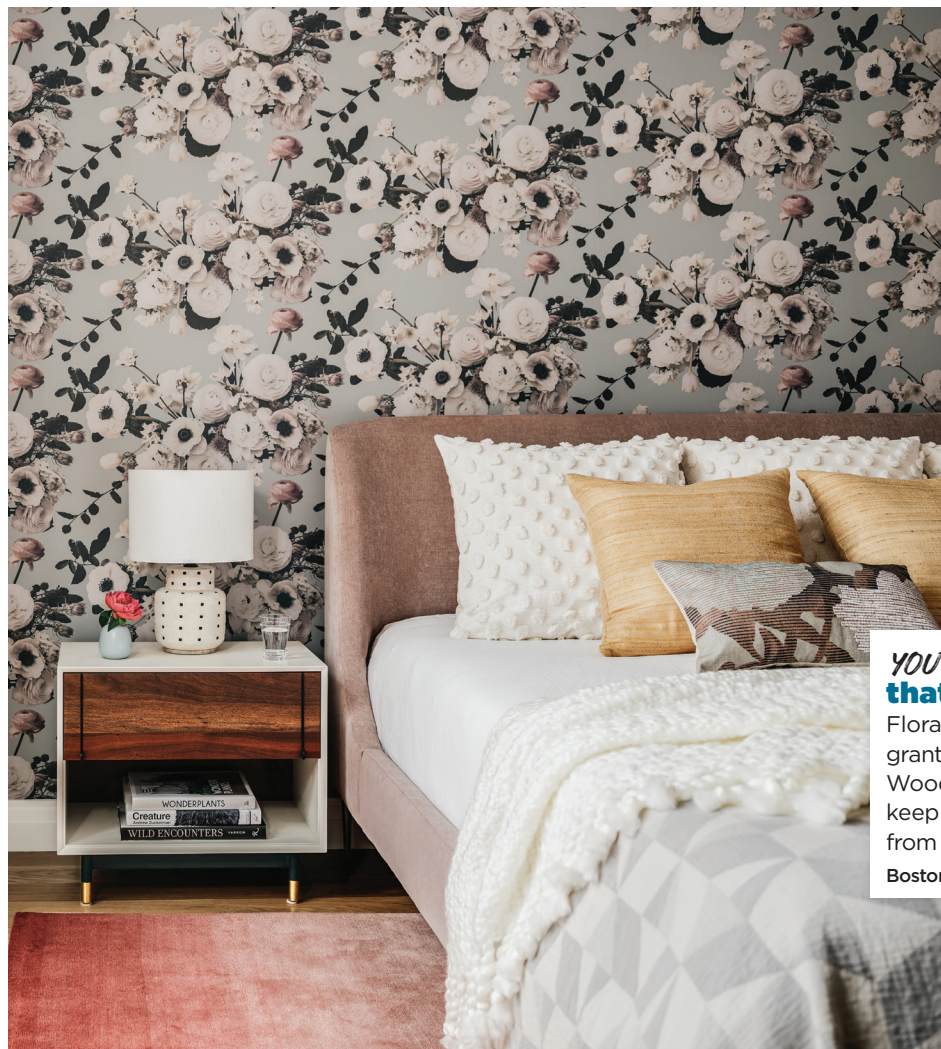


fun decorating

**YOU'RE DREAMING OF A BEDROOM
that's mid-century fab**

Combine '60s-chic wood furniture with groovy prints and it's an actual blast from the past. The walnut bed and nightstand are from West Elm; you can browse vintage versions on pamono.com and design-mkt.com. Kaleidoscope bedding from Spoonflower, a ball chair from Fine Mod Imports, and wallpaper found at wallpaperfromthe70s.com: far out.

Fenton, MI, room design by Elin Walters, Exactly Designs



**GET BETTER
ZZZ'S**

Disconnect yourself from devices about an hour before bedtime; the blue light emanating from screens is stimulating (not to mention work emails!). Place phones in another room to avoid scrolling temptation.

**YOU'RE DREAMING OF A BEDROOM
that's girly but grown up**

Florals and blush hues fit for an adult oasis: wish granted. The moodiness of the wallpaper by Ashley Woodson Bailey and the distressed velvet bed keep the look sophisticated. A quilt-like blanket from Coyuchi makes it full-on grandmillennial glam.

Boston, MA, room design by IDF Studio



**YOU'RE DREAMING OF A BEDROOM
that's like a Parisian hotel**

If you want to close your eyes and see the City of Lights, consider black-and-white striped curtains, rich gray walls (Iron Ore by Sherwin-Williams), and a channel-tufted headboard. A floating nightstand to the left of the bed and a makeup vanity on the right complete the très chic setting; if only there were room service.

San Diego, CA, room design by Kelly Hinchman, Studio H Design Group

**GET BETTER
ZZZ'S**

Snoozing on your side or back can be more beneficial than resting on your stomach: Those positions reduce pressure on the spine, allowing muscles to relax overnight. Wedge a pillow behind you to give side-sleeping a whirl.

**YOU'RE DREAMING OF A BEDROOM
that's rainbow bright**

Let the sun and cheery hues in! A soft yellow on the walls (Lemon Meringue by Sherwin-Williams) means colorful punches in the headboard fabric by Quadrille and abstract lamp by Dana Gibson really stand out. Or there's always this simple change-up: Replace your plain pillowcases with ones that pop.

Chatham, MA, room design by Jocelyn Chiappone, Digs Design Company



THIS PAGE, FROM TOP: KARYN MILLET; GREG PREMUR; OPPOSITE PAGE: JESSICA GLYNN

**YOU'RE DREAMING OF A BEDROOM
more relaxing than a spa**

For a space so unwinding you'll wonder where the massage table is, sage grasscloth wallpaper (this kind is by Phillip Jeffries) and Scandinavian-inspired furniture set the mood. And a four-poster bed, if you're in the market for one. A wood veneer wallcovering on the ceiling (also Phillip Jeffries) has a soothing repetitive pattern.

Wellington, FL, room design by Heather Weisz, HW Interiors



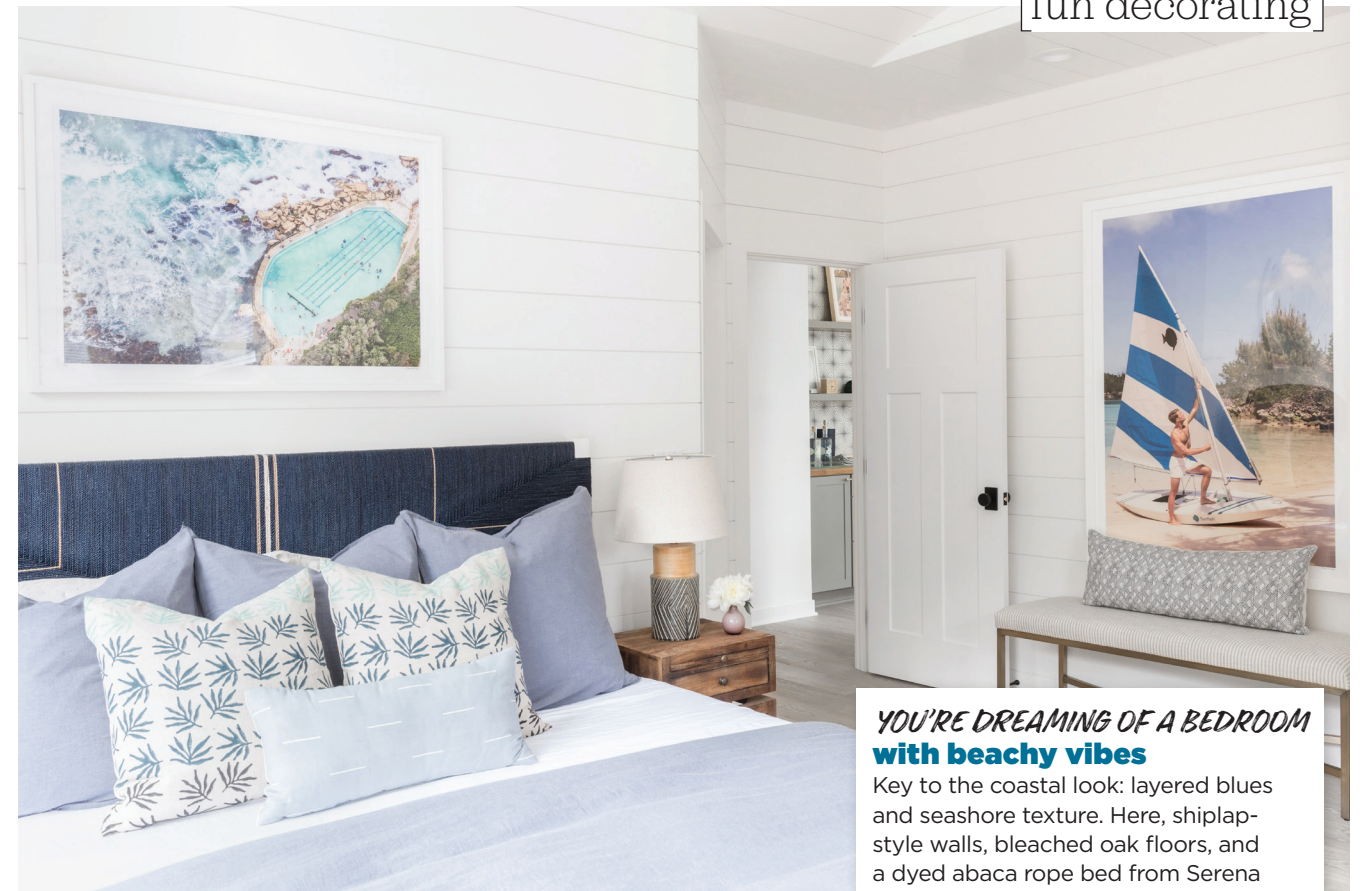


**YOU'RE DREAMING OF A BEDROOM
as hip as a city loft**

Take a cue from metropolitan streets full of head-turning sights and do it up with graphic designs (the wallpaper and shades are by Kelly Wearstler) and a light (it's by Arteriors) that rivals a museum sculpture. They're grounded by the sleekness of a monotone bed, bench, and rug.

Huntington Beach, CA, room design by Erica Bryen, Erica Bryen Design

OPPOSITE PAGE: RYAN GARVIN; THIS PAGE, FROM TOP: GRAY MALIN; SPACECRAFTING PHOTOGRAPHY



[fun decorating]

**YOU'RE DREAMING OF A BEDROOM
with beachy vibes**

Key to the coastal look: layered blues and seashore texture. Here, shiplap-style walls, bleached oak floors, and a dyed abaca rope bed from Serena & Lily make waves. The weathered wood nightstand from Anthropologie is reminiscent of driftwood. Crisp bedding and photos of shore scenes (these are by Gray Malin) can transport you to an island resort—in your dreams, at least.

Holland, MI, room design by Kate Lester, Kate Lester Interiors

**GET BETTER
ZZZ'S**

Going to bed and waking up at the same time every day (weekends, too—sorry!) keeps your internal clock in sync, enabling you to doze off more easily.



**YOU'RE DREAMING OF A BEDROOM
that's straight out of a cabin**

Grainy black wood, rustic-red pillows, and an oak nightstand will have you thinking you're tucked away in the mountains. Leather elements give them a modern spin. The wood used for the bed and wall got its color from a Japanese wood-burning technique called sou sugi ban, in which the surface is charred.

Nisswa, MN, room by Laura Tays, Tays & Co. Design Studios