

# Sweet *dreams*



Picture:  
Dorothee Junkin  
Design Studio (DJDS)

Leading interior designers offer their expert advice on creating the perfect bedroom for optimum relaxation



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of you read in bed – all of which can have a knock on effect on other decisions, such as the lighting and the type of bed frame and headboard and, of course, the mattress you choose. If you both have different preferences, companies such as Vispring offer mattresses, which are split to have differing levels of support. Buy the most expensive mattress your budget will allow and you will be ever thankful that you did.”

Susan says that the next important thing to think about is the function of the room itself. “Is it used as a form of retreat?,” she asks. “Will a TV and surround with sound system be required? Do you need to work in this area? Is getting ready the most important factor? Do you have artwork that needs to be displayed? All the answers will help direct which furniture you chose such as the inclusion of a dressing table for makeup application or a seating area for reading the papers on a Sunday morning.”

Storage is also a very important factor and a great deal of thought needs to be put into the design of wardrobes, to ensure they fit all items of clothing and accessories for each individual. “We even consider whether they need to be refrigerated to accommodate certain types of clothing or cedar lined to repel moths,” continues Susan. “It’s about form and function and the wardrobes being seamless and looking like they are part of the walls.”

Lighting is also an essential consideration. Susan advises, “The best way to handle this is using a system, which can zone the lighting at the touch of a button. Different moods can then be set for task lighting or a more ambient atmosphere or even a soft glow to guide you to the bathroom in the middle of the night. Last but not least, under floor heating is a prerequisite today and a silk carpet adds a finishing touch that helps create the luxurious look and feel underfoot.”

**A**LTHOUGH THE LOOK is a vital factor when designing a bedroom the starting point, according to Susan White, managing director of Iggi Interior Design, should always be the bed itself. “It is important that you and your partner test different beds to get the perfect one for you,” she advises, “after all, a decent night’s sleep is what we are all striving for.

“Consider every detail from which side each of you sleep on, whether you prefer a soft or firm mattress to whether either





### Layer by layer

Dorothee Junkin Design Services (DJDS) based in New York likes to combine a carefully curated selection of furniture pieces within the company's designs. Combined with a corresponding lighting concept to create a refined layered look, this exudes a feel of contemporary, understated luxury living.

"When it comes to the design of a bedroom for a high-end private residence," explains Dorothee Junkin, "we always try to involve the client as much as possible. Bedrooms tend to be a very personal space, so it's about look, comfort and personal preferences. We source from all over the world to achieve an eclectic feel and a unique individuality for each and every of our designs.

"As it is often the case with design, less can be more and when we develop our furniture concept, we start with the bed and the headboard wall and then move out from there to the surrounding space.

Some bedrooms may not require a lot of furniture and could quickly feel cluttered. Others may need a sitting group to not feel overly barren and to make sure the space does not become too echoey. A careful and measured approach usually works best."

When it comes to the lighting concept for a bedroom, Dorothee prefers a well-considered placement of several indirect and dimmable light sources with warm, light colours that create a soft glow and highlight certain feature elements of the design.

"We usually stay away from bright colours or bold patterns and work with a varied two-tone scheme," she says. "A colour palette of muted earthy tones provides a calm and relaxing backdrop that can easily be further accessorised with a few richer accents. The element of the haptic experience when touching a beautifully brushed wood grain, delicate silks, sumptuous furs or walking over a plush rug adds another level of definition to the space that can be very subtle but highly effective to create an unique atmosphere." ■

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