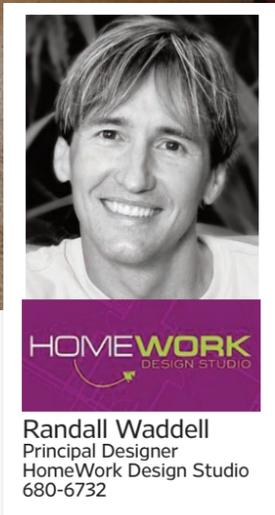


No Ordinary Bedroom



'No matter how you see the room, the fact is that we spend a third of our lives in bed - isn't it then worth investing in the best quality and comfort for that space.'



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The more time we spend at home, the more important comfort and flexibility become in our rooms. In the bedroom, where we may not only sleep but also exercise, work, unwind with family, and watch television, this is truer than ever. Bedrooms today need to accommodate all these functions while preserving a sense of peace and privacy.

As bedrooms become more multifunctional, they also become more open to inspired arrangements and styling that's in keeping with the homes other spaces. A sleeping space can go beyond the traditional setup of bed, dresser, and two nightstands arranged in a standard configuration. It's time to start thinking of some new layouts for the bedroom; it should meet your needs for both function and comfort. For some people, the bedroom is exclusively for resting but others view it as a multifunctional space. No matter how you see the room, the fact is that we spend a third of our lives in bed - isn't it then worth investing in the best quality and comfort for that space.

The placement of the bed is the first consideration in planning a bedroom layout. Ideally the bed should be positioned with the headboard against the wall and with a minimum of 24" of space on either side for easy access for making the bed.

Storage is the next concern. Organised storage in the bedroom remains high on the wish list for most people and can be achieved by using closets efficiently as well as dressers and even under-bed storage.

Beside tables are another necessity. There should be enough room for books and magazines and today's wealth of electronic items we keep near at hand for planning our lives. Place a lamp for ambient lighting or, if space is limited then use hanging pendant lights or swing-arm lamps mounted on the wall instead to free up the surface of the table.

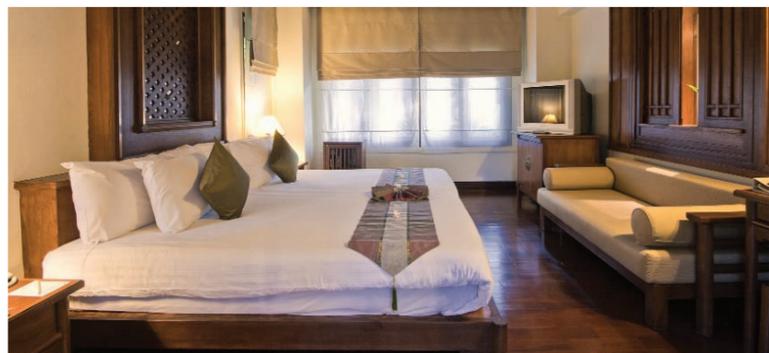
A pair of chairs and an ottoman creates a quiet, com-

fortable reading spot near the window for natural light and an added built in bookshelf creates a library corner for the room.

Often, the first impulse for window treatments in a bedroom is heavy draperies, but allowing natural light to filter through is actually very soothing and a more relaxed way to be awoken in the morning than a jarring alarm

clock. You can have sheer draperies for daytime privacy and the heavy drapes for night-time use when you get the opportunity to have a sleep-in.

The important thing to remember is that a bedroom is much more than just a place to sleep. It should be your retreat, a place where you leave behind the stresses of the day. So, take the time to furnish it with textures and colours that calm you. Pay attention to the fabrics and bed coverings that are most inviting and make you feel spoiled. Surround yourself with items like family photos and you will find that the right combination of simple elements can transform an ordinary bedroom into a personal sanctuary.



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