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The Bedding PLANNER

You've waited forever for this—the chance to upgrade from your old, frayed sheets to SOMETHING PLUSH AND POSH. We show you how to build your sanctuary from the mattress up.

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YOU KNOW A DREAMY BED when you see it—the kind that demands you immediately call it a day and crawl into its soft, sumptuous embrace. What you may not know so instinctively is how to create it.

For one thing, it's not enough to just pick out pretty sheets. Thread counts matter (well, sort of; see page 162), as do texture and the quality of the weave. That said, choosing your sheets isn't rocket science. But with so many beautiful options, registering for your bed linens can begin to seem as lofty and complicated as planning your wedding.

To simplify the process, picture dressing your bed one piece at a time—as if you were selecting your wardrobe—starting with the basics (white linens) and ending with a few statement pieces (such as bolster pillows and blankets). “You’re building a collection for your future. So unless you’re completely sure of the look you want, it’s best to stick to things that are simple and avoid busy motif prints, which you’ll get tired of more easily,” says Olivia Eaton, manager of the New York City bedding boutique Sleep. Need more guidance? Follow our easy, five-step program, and soon you’ll be on your way to a good—and stylish—night’s sleep.

1 PULL TOGETHER a basic bed with classic whites

As a general rule, you’ll want three sets of sheets for your master bedroom. Make the first classic white. Traditional bridal trousseaus included white linen sheets; while still a luxurious choice, linen requires special laundering and may at first feel stiff. A modern alternative is cotton sateen, which feels extra-supple and is easy to care for. From top: “JASMINE” SHAM, \$350; TOP SHEET, \$855 FOR QUEEN; DUVET COVER, \$1,600; “BERGAMO” SHAM, \$65; *E. Braun & Co.*, EBRAUNANDCO.COM. DIAMOND SILK CHARMEUSE QUEEN QUILT, *Fino Lino*, \$395, FROM ABC CARPET & HOME, 212-473-3000.

2 TUCK IN some color for personality

Choose additional sheets in colors that will coordinate with your bedroom’s décor—and each other. That way, you can combine different shades to keep your bedding feeling fresh. If you’re wary of prints, try solids that have beautiful textural patterns or embroidered touches.

Thread Counts: Do Numbers Lie?

Maybe. Thread count indicates the number of threads in each inch of fabric; a higher number means a denser weave, which gives a softer feel. However, if the threads themselves aren’t of high-quality fibers, it doesn’t matter how many there are—the sheets will feel coarse and be prone to pilling. To get something smooth and durable, choose bed linens with a thread count of at least 200 made from a luxurious cotton such as pima or Egyptian. Sheets with higher thread counts may be even more supple, but once the numbers get higher than 350, the difference often becomes negligible. Bottom line: Don’t just register for sheets online—take the time to touch them in person.



1. “REBUS JACQUAR” SET, *by Pratesi*, \$2,040 FOR QUEEN, FROM ABC CARPET & HOME, 646-602-3768. 2. “JO” FITTED AND FLAT, *Missoni*, \$195 AND \$190 FOR QUEEN, FROM AUTO, THISISAUTO.COM. 3. “TUXEDO STRIPE” FLAT, *Charisma*, \$115 FOR QUEEN, BLOOMINGDALES.COM. 4. CUSTOM “SAVANNAH” FITTED AND FLAT, *Leontine Linens*, \$190 AND \$605 FOR QUEEN, LEONTINE LINENS.COM. 5 & 6. “REM” FITTED IN PEACOCK, \$325. “NITE” FLAT IN OYSTER, *Society*, \$295, FROM ABC CARPET & HOME, 212-473-3000. 7. “RITZ” FITTED AND FLAT, *Nancy Koltes at Home*, \$183 AND \$223 FOR QUEEN, NANCYKOLTESATHOME.COM. 8. “ROYAL VELVET” SET, *Homestead*, \$40 FOR QUEEN, FROM BEDBATHANDBEYOND.COM. 9. “PURE COMFORT” FITTED AND FLAT, *DKNY*, \$90 EACH FOR QUEEN, FROM BLOOMINGDALES.COM. 10. “UNION SQUARE” SET, *Sferra*, \$180 FOR QUEEN, SFERRA LINENS.COM. 11. “ELLINGTON” FITTED AND FLAT, *Garnet Hill*, \$35 EACH FOR QUEEN, GARNETHILL.COM.

SOFT STYLING BY SHEILY TURNER FOR PAT BATES AND ASSOCIATES