

*Smart shopper*  
**WINTER  
 BEDDING**

Textural and tactile, warm and welcoming: this season's most irresistible beds are dressed to layered perfection, writes *Alexandra Kentmann*.



Wykeham queen-size cotton quilt cover, \$350, pillowcases, \$130/pair, and European pillowcase, \$100, all Sheridan.

As the weather turns cool and the sun rises later, wanting to hit the snooze button a few times is completely understandable. To maximise enjoyment of your extra time under the covers, it's worth making your bed the cosiest place it can be. During summer, an all-white bed can feel as refreshing as a swim in ice-cold water, but in the depths of winter, it's worth changing to a more cocooning palette, with cosy layers and tactile textures creating a room that won't make you dread the dawn.

Interiors stylist Heather Nette King has the right idea. "The best winter bedding is made from natural fibres such as cotton, linen or wool. This year, I'm opting for linen sheets in a deep forest green. I like a minimum of two wool blankets so I have options depending on the chill factor. A cloud-like down-filled quilt is essential too." For the ultimate luxury, opt for blankets made from alpaca fleece or cashmere, says Heather. "I adore the Natalia blanket from Abode Living. It's Australian-made in the finest Italian cashmere and an absolute dream."

Traditionally, people would swap cotton sheets for flannelette come winter, but Nicolle Sullivan, founder of bedding retailer Cultiver, recommends linen sheets. "Linen works beautifully on the bed all year round. Good-quality linen is both light and substantial, which makes it ideal for a winter-warm bed. As a natural fibre, it's breathable and helps regulate body temperature, so it's healthier to sleep in too."

Sheet-weight linen - typically 150-170 grams per square metre (GSM) - is usually used for quilt covers, but heavier fabrics (about double that weight, with more texture) make beautiful blankets, bedcovers and throws that can be layered on top of quilts on the bed to create a cosy winter look and feel, adds Nicolle.

Layering from the bottom up is important when creating a cosy refuge, and don't forget about including electric blankets and natural-fibre quilts, says ▶

**RIGHT** From top Santa Cruz alpaca-wool throw in Grey (130x180cm), \$390, Lima alpaca throw in Charcoal (130x180cm), \$380, Chepen baby alpaca-polyamide throw in Grey (130x180cm), \$360, and Veldt alpaca-wool throw in Grey (150x190cm), \$390, all Abode Living. **BOTTOM LEFT** Sadie queen-size cotton sheet set in Bluestone, \$180, Linen House. **BOTTOM RIGHT** Room design and styling by Jillian Dinkel. Kelly Wearstler 'Cleo' floor lamp, \$3289, The Montauk Lighting Co. For similar blanket, try Hale Mercantile Co. For similar art print, try Blacklist Studio.

**UNDER COVERS**

Zane Nawrocki, sales and marketing manager at Australian bedding specialist Onkaparinga, shares his tips on what to look for in a good-quality blanket:

- ✦ Look for premium-quality natural materials that are warm and breathable to keep you comfortable through the night. Cotton is a good year-round option; wool is an excellent insulator, perfect for cool-weather use.
- ✦ Choose a timeless colour and design for longevity.
- ✦ Check the care instructions. Machine-washable is best for ease of care and convenience.



Photograph by Pablo Veiga (Jillian Dinkel).





**KEYS TO COMFORT**

- ✦ **Palettes** Changing the style of your bedlinen can be as effective as repainting when you need a fresh look. Rich earthy tones, forest greens and charcoals make for a quick and on-trend update.
- ✦ **Layers** For good-quality sleep, it's important to be neither too hot nor too cold. Include blankets of different weights so you can adjust as needed.
- ✦ **Texture** Optimise your sleeping experience with tactile materials such as linen, wool, chunky throws and feather-filled quilts.



Christina McFarlane, manchester product and marketing manager at Harvey Norman. “Slipping into a toasty bed is the ultimate luxury, and easily achieved with an electric blanket - turn it on about half an hour before bedtime and off once you get in. Be relaxed in the way you style your bed, creating a casual and inviting feel.”

Interiors stylist Jillian Dinkel says she likes to recreate that luxurious hotel feel in her own bedroom. “I prefer cotton-sateen sheets with a high GSM, ideally tailored and pressed. For a king-size bed, keep pillows to a maximum of six - four sumptuous pillows teamed with accent European pillows. To ramp up the cosiness, use layers in a variety of textures; this technique is visually interesting and gives you plenty of versatility to adjust the level of warmth to the weather.”

Bedrooms certainly act as a retreat from the cold, but they also function as a decompression zone from the world - so pertinent after this summer’s bushfires and now a pandemic. Whether you’re turning in early or enjoying a weekend sleep-in, this is a space for solace, a cocoon-like experience to recalibrate and rejuvenate.

When it comes to expressing personality, Briony Delves, founder of bedlinen retailer Society of Wanderers, recommends plays with colour and pattern. “Gingham and checks are trending this year. I predict that people will look to re-energise their homes with bold colours and interesting prints too,” she says. “I’m really excited by the ‘mix-not-match’ trend. I love layering textures and patterns in every room - for everything from bedlinen to wallpaper and floorcoverings. I think that’s the ultimate representation of design success: spaces that are truly bespoke and represent you and your family yet feel inviting and homely.”

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**TOP LEFT** Shannon Fricke ‘Whispering Sea’ queen-size cotton **quilt cover set**, \$279, Domayne Luxuries ‘Pin Velvet’ **comforter** in Ink Blue, \$479, and matching **European pillowcase**, \$79, all Domayne. **TOP MIDDLE** Salma Tassel queen-size cotton **quilt cover set**, \$199.95, and Tamarama cotton **cushion** in White, \$39.95, all Pillow Talk. **TOP RIGHT** Cross Pleat cotton **European pillowcase** in White, \$39, and Malia queen-size cotton **sheet set** in Mood Indigo, \$109, all Freedom. **FAR LEFT** Maison Vintage cotton **European pillowcase**, \$49.95, Aura Home. **LEFT** Hepburn cotton **blanket** in Rain (150x200cm), \$125, L&M Home. *For Where to Buy, see page 176.*