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HOME AND DESIGN

How to make the perfect bed, like a hotel bed

The best sleep ever: how to make the bed at home like that of a luxury hotel

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World Sleep Day is *celebrated* around the world on March **18** to promote culture and awareness of the importance of sleep. Because sleeping well is essential to feeling good.

When you go on vacation and walk into a hotel room, one of the first things you look at is the comfort of the bed. Those white and white sheets, those soft pillows and that mattress that makes you sleep perfect. **But how to recreate a "hotel" bed at home?**

White is by far the most commonly used color for hotel bedding. Sure, it's easier to clean (and check it's clean), but there's also the fact that it also recreates a sort of cloud-like cocoon.

They are usually cotton sheets (especially Egyptian cotton), because they are the most breathable and help to stay cool.

Something missing in a luxury hotel bed is one of those things that is in all wardrobes: the fitted sheet. The hotels instead use two flat sheets: the bottom sheet is usually oversized and well hidden around the mattress; the top sheet is tucked into the sides and foot of the bed, with the top folded and tucked up.

We went to ask for advice from some of the best hotels in the world and here, in the gallery, what came out.



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Hostal de la Gavina

All the beds in the **Hostal de la Gavina** use the latest generation of **Relax** mattresses . After many tests, they have found that these are the perfect firmness and provide the best night's sleep. They always use 400 thread count Egyptian cotton sheets which are incredibly luxurious and soft, adding a touch of decadence to the bed. A De Witte natural down topper offers the perfect combination of comfort and support. All pillows are also down filled, with a menu of different pillow types such as latex and viscoelastic available. Finally, all of our headboards are individually designed and handcrafted masterpieces, providing an eye-catching focal point in the bedroom.