

# Bedding for your best night's sleep



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**DESIGN  
CONFIDENTIAL**

**Y**ou don't need a study to tell you how much the average person sleeps in a lifetime. The math is pretty simple.

If you sleep eight hours out of 24, every night, that equals 1/3 of your life. What's more important to know is what can help give you the best night's sleep.

From natural, to naturally organic to synthetic bedding, we usually base our choices on how the fibres feel to the touch.

Whether you like to burrow under a heavy down comforter or add lots of layers of satiny sheets, blankets and bedspreads, it all comes down to what feels good.

If quality matters you may want to know what's new (in the bedroom). Let's unmake the bed and take a look.

## Today's top covers

The most exposed part of your bed is what's on top. Comforters are usually filled with synthetic fibre and stitched or quilted to keep the fibres distributed evenly. They are hypoallergenic, moisture resistant and easy to maintain, just throw it over your bed.

Duvets are sometimes called comforters, but they are essentially a large bag of down, feathers or synthetic fibre. Because of its insulating factor it usually replaces a top sheet, comforter and blanket.

Goose or duck feathers

in duvets and pillows have quills and tend to flatten when the quills start to align and stick together.

Down is made up of the fine feathers underneath, usually on the belly and acts as an insulator against water and cold. The shape of a down cluster gives duvets and pillows its loft. It constantly springs back into its natural spherical shape and won't stay flattened out.

Down is the warmer, softer, longer lasting and more expensive choice. Look for the blue and white Downmark label from the Downmark Association of Canada. This ensures the farmers engaged in humane treatment of raising all waterfowl.

Coordinated bedding is as popular as ever and Canadian companies like Revella [www.revelle.ca](http://www.revelle.ca) manufacture bedding and linens in fabrics, textures, patterns and styles from all over the world.

Today, the fitted and tucked-in look is gaining in popularity. If you have a low profile, or platform bed and you want to expose the bed frame, many fabrics and textures offer a finished, flatter, less bulky appearance and can be folded and tucked around the mattress.

## Under cover

Choosing the right pillow cases, top and fitted sheets can be daunting. What is the

best choice? What you've heard is indeed true Egyptian cotton tops the list.

The rich soil beside the Nile and the humid air in the Nile River Valley make ideal conditions for this special, longer cotton fibre. Egyptian cotton sheets are stronger, softer, more lustrous and longer lasting than regular cotton. The high quality is also reflected in the price.

Compared to all-natural fabrics, synthetic fibres, like polyester, nylon and acrylic can imitate other textiles like cotton, wool, suede and silk. Other benefits include its

resistance to moisture, oils, stains and bacteria and a lower price point than Egyptian cotton.

Bamboo is quickly becoming a best seller for more reasons than quality. Bamboo is a renewable, sustainable resource and its eco-friendly.

It's also Oeko-Tex certified internationally meaning the highest manufacturing standards are met in safeguarding against the use of harmful chemical substances to human health.

The natural porous construction of bamboo's inner fibre makes it absorbent and

breathable, it expands and contracts, keeping you cool in warm weather and warm in cool weather.

Add to that it's soft, like cashmere and silk, it's hypoallergenic, anti-bacterial, resists mold and mildew and its durable.

Organic bedding vetted through Oeko-Tex Standard 100 ensures that no chemicals were used in the manufacturing process. Even if it's picked by hand, every other part of the process must be chemical-free to be called organic.

Finally, protect your investment by encasing pil-

lows and mattresses with covers. More than just a topper, protective covers keep your mattress clean, stain-free and help keep allergies at bay.

Ultimately, what you choose to put against your body when you sleep is up to you, but don't you deserve to have your best night's sleep?

— Jane Lockhart is a celebrity designer, author and television personality appearing regularly on the *Marilyn Denis Show*. For more information, visit [www.janelockhart.com](http://www.janelockhart.com).



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