

TORONTO SUN NEW HOMES & CONDOS

It's 2017: Reclaim your bedroom!


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Has your calm, private retreat turned into a multi-purpose dumping ground? Our bedrooms can be low on the home improvement priority list since we're the only ones who usually see it.

But by treating yourself to a tranquil bedroom you may sleep better and feel more rested. Here are some suggestions to reclaim that restful sanctuary.

Move your office out. Bills, invoices, paperwork and receipts can take up physical and mental space. While you're at it, move out the chargers, phones and computers. They may be necessary in life, but not while you're asleep.

Exercise equipment also

needs to go... to a gym. That treadmill or stationary bike has probably turned into a clothing rack anyway so move it out. You shouldn't have to wake up and look at neglected work-out equipment. Who needs a guilt trip to start the day?

Corral the kids' and pets' toys and move 'em out. They own the rest of the home so claim this one room, your bedroom, back.

Does your one-nightstand leave you wanting more? You need more than a table top for stuff beside your bed. Bedside tables with drawers you can tuck away and contain clutter and keep the dust down.

It's also easier to see all the

drawer contents instead of rifling through to the back of a cabinet.

Custom-designed cabinetry offers a practical and uniform solution for any room but especially so in the bedroom. Surrounding the bed with built-in cabinetry completes a room and offers storage solutions beyond a nightstand.

A room's central ceiling light fixture only provides general lighting. Task lighting for reading requires bedside lamps or built-in lighting.

For healthier eyes and better quality reading time think about replacing your old light-bulbs.

New LED bulbs come in a variety of options from warm to cool. They cost a little more but will last for years.

A soft, slip-proof area rug underfoot when you first wake up can start your day on a cozy, positive note. Feet are sensitive to a tactile experience and this is a simple and inexpensive way to add a bit of luxury to the bedroom.

Whether you make your bed every day or not, if you're



By treating yourself to a tranquil bedroom, you will sleep better and feel more rested.

waking up feeling sore and unrested it doesn't matter how neat and tidy you are. Mattresses have a lifespan and should be replaced every seven to ten years.

Test drive one before you

commit and shop in person. Pillows also have a lifespan so replace your pillows and pillow protectors every year.

It's time to reclaim your bedroom for the restful space it's meant to be.

— Award-winning designer and TV personality Jane Lockhart is one of Canada's leading experts in the world of design. For more information, visit www.janelockhart.com.

IDS 2017: Design ideas for everyday living


NATALIE DEANE
DECOR
AND MORE

Every year for three-and-a-half days, Toronto plays hosts to one of the most innovative, inspiring and avant-garde design showcases in the world: IDS Toronto.

Here the hottest design trends from Canada and around the world are displayed, demonstrated and discussed to crowds including, designers, architects, decorators, stylists as well as design enthusiasts.

The 19th edition of IDS will take place from January 19-22 with more than 300 exhibitors. It has promised an engaging and exciting display of design as well as internationally renowned speakers like David Adjaye who's work spans the globe; the Nobel Peace Centre in Oslo (2005), the Bernie Grant

Centre for the Performing Arts in London (2007), the Museum of Contemporary Art in Denver (2007), and most recently The National Museum of African American History and Culture on Washington's National Mall, which is regarded as one of the most radical monuments of our time.

Besides featuring celebrity designers and some of the most influential design minds the show is also a promoter of emerging and rising talent.

This ambitious programming makes IDS a true incubator of ideas and a platform to launch never-before-seen products. These are products you and I can use every day from carpet and flooring to furniture, lighting, accessories, windows and

carpets, kitchens and baths and more.

Along with taking in the speaker showcase here are some of the exhibits anyone interested in home, garden or office design should not miss.

Open Air. Designers include LOLL and Natural Landscape Group with Southport. A dynamic project doesn't stop at the back door. The outdoor space — whether it's a 10-acre lot or a 20-square-foot balcony — plays an integral role. Enter landscape designers and architects who find innovative and elegant ways to extend the living space outward — not to mention harvest rainwater, cultivate native plant life and more. Visitors will explore the world of outdoor design through the products and concepts that make the backyard beautiful.

The LAB. Designed by MIO Culture. Where technology and design meet, featuring the newest and latest technology, apps and gadgets for the design trade professionals and homeowners. Whether it's the latest touch technology for retail spaces or wearable tech for your smart home, this is where

you will experience all the latest innovations in an immersive and interactive experience.

AYA Kitchens and Baths by PARTISANS. PARTISANS teamed up with AYA Kitchens to produce a modular shelving and space divider system made from Canadian Maple affectionately called CUBI. It will be debuted at the show in a jungle-esque form to display its ability to act as storage, walls, benches, cooking and dining surfaces, and even trusses for planting or lighting.

Designboom Mart. Designed by Ryerson School of Interior Design. This is a one of a kind exhibit found only at IDS. Designboom marts are an opportunity to meet the emerging and established designers from around the world who are testing new ideas within an interactive platform.

The Designboom Mart is widely recognized as the ORIGINAL, the first ever design bazaar. Thirty design talents from around the world will display hundreds of objects.

Studio North & Prototype. The Studio North and Proto-



Partisans and AYA Kitchens will be showcasing CUBI, a modular shelving and space divider made from Canadian maple.

type sections are promoted as one of the highlights of IDS. Hosted in a gallery-like space on the show floor, these exhibits present independent design at its best.

Studio North and Prototype participants are provided with the opportunity to have their

work reviewed by a panel of international industry leaders and design experts.

— Natalie Deane is a lifestyle connoisseur who shares tips for everyday living through decor, entertaining and household trends.