

# VANITY FAIR



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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**W**orld **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's what came out in the gallery.**

## Hotel Château du Grand-Lucé



ADAM LYNK

At the Hotel Château du Grand-Lucé, the fine European linens on the beds add a layer of radiance and are essential for a restful sleep. Specifically, the luxury lines are by Revolt Carmigani, which has been producing luxury linen for 150 years in the historic headquarters of Macherio, just outside Milan. They always use white linens, not only do they look luxurious and give an element of calm to encourage a relaxing sleeping environment, white linens are the perfect white canvas to accompany fabulous artwork and fabrics - particularly at the Château Hotel in the rooms are showcased the likes of Pierre Frey Wallpapers, Jean-Paul Gaultier fabrics and eighteenth-century antiques. Additionally, many of the bedrooms have gorgeous canopies draped with striking fabrics to add an extra element of luxury.