



**PLUMP UP** "Pillow choice is a very personal decision," says Pillow Talk's Kate Spencer. "As a rule, stomach sleepers will find a soft, low-profile pillow the most suitable. A medium-density version will appeal to most back sleepers, while a firm, high pillow supports those who slumber on their sides."

**FILL GOOD** The type of quilt you pick is largely an individual choice, but allergy sufferers are best to avoid feather and down. Washable wool is a good option and also regulates heat well, but it does tend to be flatter than other types. Synthetic alternatives, such as microfibre and polyester, have less breathability than natural fillings, but are the lightest of all.

**WHAT'S AFOOT** There's something comforting about slipping out of bed and sinking your toes into soft carpet. Rugs also add a pleasing textural element, and can be rolled up and stored in summer when the feel of bare floorboards underfoot may appeal.

**GET THE LOOK: PRETTY IN PEACH** From left: Modern Vintage 'Metal Lockers' cabinet (used as wardrobe), \$1270, Loft Furniture. 'Greenhouse Rose' pot \$40/25cm x 23cm, and 'Claypool' pot, \$55/13cm x 9cm, both Garden Life. Barnaby Lane folding stool in Black, \$289, Design Twins. *One Fine Day* artwork, \$1500 (framed), Gabrielle Jones. 'Brooklyn' bedhead in Charcoal, \$699.95/queen, Adairs. (on bed, from back) Bemboka flat sheet in Dove Grey, \$319/queen, The Design Hunter. 'Haybales' pillowcases, \$89/pair, Kip & Co. 'Basix' striped pillowcase in Fog and Tempest, from \$69, Hale Mercantile Co. Mercer And Reid 'Hummingbird' quilt cover, \$199.95, Adairs. Morgan And Finch 'Floyd' quilt cover in White, \$169.95/queen, Bed Bath N' Table. 'Macaron' cushion in Flocca, \$99, Hale Mercantile Co. The Bedroom Society 'Ultra Luxurious' flat sheet in Peach, \$369/queen set, I Love Linen. 'Pepper' armchair in Jaipur Turquoise, \$1449, Oz Design Furniture. Floral cushion \$167, No Chintz. (on floor) 'Twine Weave' rug in Granite and Charcoal, \$660/140cm x 200cm, Armadillo & Co. Home Republic cushion in Spearmint, \$99.95, Adairs. (accessories) Books, Oscar And Friends. Shoes, Duck Egg Blue. Stockists, page 267 >