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Hibernation Hacks

Designers share their tricks for creating a cozier bedroom.

By Heather Bien

➔ BEDTIME SEEMS TO creep earlier during the winter, when the short days and chilly temperatures make hibernating for hours in a cozy bed seem completely acceptable. And with the change of seasons, your bedding and décor should also be updated to create a respite from the cold, inviting you to sneak away into luxuriously soft layers and warm textures. Here's how NoVA designers create bedroom retreats for their clients — and themselves.

Start with a Soft Rug

The foundation of a cozy bedroom starts on the floor. “There’s nothing worse than stepping out of bed onto a cold, hard floor — or a scratchy carpet,”

PHOTO BY CHRISTY FERRINE



PHOTO BY KERRY FOX

says Diana Lombard, owner and lead designer of Fairfax-based Diana Lombard Interiors. “Something plush underfoot immediately creates a sanctuary-like feeling from the moment your day begins.”

Try a soft neutral that is as soothing to the eye as it is to your feet. This adds tactile comfort to a space, particularly during the chilly winter months, and creates the visual appearance of a welcoming space.

Add Layered Bedding

Layers can turn your bed into a place that beckons you every evening (and tempts you to stay in each morning). During the winter, these layers become even more essential, creating a place where you can curl up and escape. “The right combination of sheets and comforters can transform an ordinary bed into

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a truly luxurious, hotel-like experience,” says Lombard.

She recommends starting with high-quality sheets, then adding a coverlet or blanket, then a duvet, followed by a throw at the end of the bed. “Layering not only makes a bed feel complete and intentional, but it also allows you to adjust for the season and temperature,” says Lombard.

Give the Walls Dimension and Interest

If you’re up for a larger renovation that will add interest in every season, look to the walls. “The key is that shifting your surfaces away from flat white and introducing color or texture instantly changes the feeling of the space. It adds depth and character while enhancing the overall sense of coziness,” says Lombard.

Warm Up the Lighting

Cathleen Gruver, lead interior designer at Purcellville-based Gruver Cooley, recommends soft lighting to add a comforting feel to the bedroom. “Overhead lighting alone will never create a cozy bedroom,” she says. “Incorporate multiple light sources at different heights, such as bedside lamps, wall sconces, or even a subtle picture light, all on dimmers.”

In the winter, this echoes the feeling of candlelight, and the temperature of the lighting should be warm, with light

bulbs at no more than 2700K. “Warm light temperatures instantly make a space feel calmer, especially in the evening when the bedroom should signal rest and retreat,” Gruver says.

Create a Seating Moment

A bedroom should encourage you to slow down in any season, but particularly in the winter, when you want to hide away from the harsh weather and relax with a warm mug of tea before slipping into bed. If there’s room, a seating area in the bedroom feels delightfully indulgent.

“Adding a pair of cozy chairs, a small ottoman, or a reading nook gives the bedroom a lived-in, retreat-like feel,” says Tracy Morris, founder of Tracy Morris Design in McLean.

Focus on a Fireplace

For those who are fortunate enough to have a fireplace in their bedroom, there’s no better way to create a cozy feeling. Katalin Farnady, founder of Annapolis-based Farnady Interiors, says, “If you can, add a fireplace or enhance one that is there for added warmth and an extra cozy feel.”



PHOTO BY GORDON BEALL (TOP); PHOTOS BY JENN WEBSTER (LEFT)

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