

# How to Make Your Bed

A North American Standard



# Table of Contents

<b>Introduction</b>	<b>3</b>
<b>Choosing Your Bedding</b>	<b>4</b>
Mattress	5
Mattress Pad	6
Linens	6
Blanket	8
Duvet	8
Pillows	9
<b>Making Your Bed</b>	<b>10</b>
Attaching the Mattress Pad	10
Attaching the Fitted Sheet	10
Placing the Top Sheet	11
Placing the Blanket	11
Making Hospital Corners	12
Preparing the Duvet and Cover	13
Covering the Pillows	13
Putting the Pillows into Pillowcases	14
<b>Care and Cleaning</b>	<b>15</b>
<b>Glossary</b>	<b>17</b>

# Introduction

This guide covers the basics of making a well-made bed. Our focus is on selecting and arranging standard North American pieces of bedding in order to provide you with a comfortable night's sleep.

This guide will help you to:

- Choose the quality and type of bedding that's right for you.
- Make your bed properly.
- Clean and care for your bedding.

Ready? Let's make your bed!

---

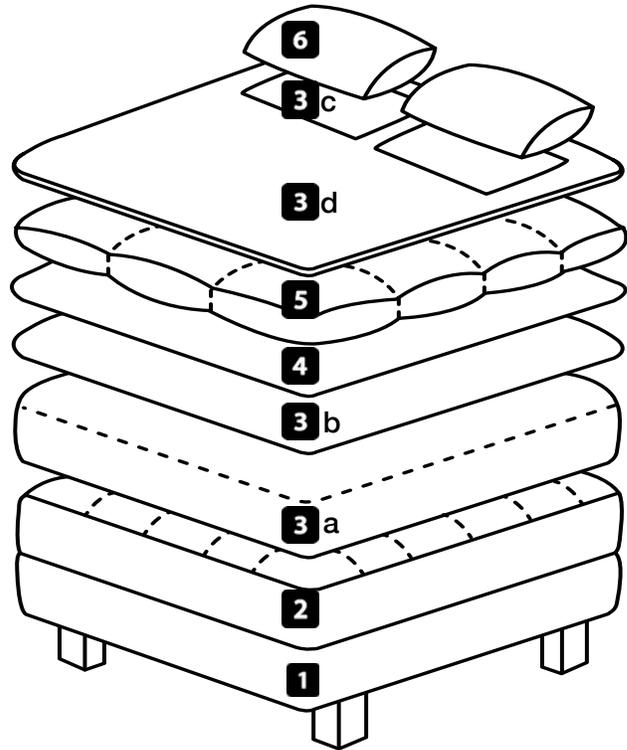
**Acknowledgement:** This guide was prepared with the assistance of Christine Mackey, Housekeeping Manager at The Wickaninnish Inn, Tofino, British Columbia, Canada.

---

# Choosing Your Bedding

There are six essential elements that you need to make a complete bed:

1. Mattress
2. Mattress pad
3. Linens:
  - a. fitted sheet
  - b. flat sheet
  - c. pillowcases
  - d. duvet cover
4. Blanket
5. Duvet
6. Pillows



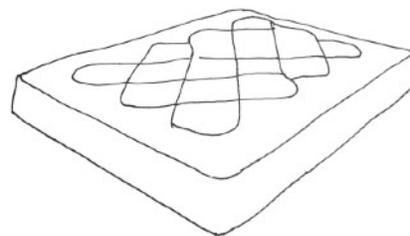
This guide covers these essentials only. Our standards for these elements are based on comfort, durability, and value over time.

**Note:** You may come across decorative bedding items that you may wish to add to your bed later, such as mattress toppers, bedspreads, coverlets, bedskirts, throw blankets, shams, and throw pillows. For now, however, let's stay focused on the essentials.

## Buying tip:

- **Buy the best quality bedding you can afford.** They'll pay for themselves over time.
- **Select natural materials.** They wear well and feel good next to your body.

## Mattress



Your mattress has the greatest impact on the quality of your sleep. While there are many construction types, technologies, and covering options, the basic considerations are comfort and support, size, and durability of materials.



### Buying tip:

*Your mattress will lose firmness over time. Choose a mattress that is slightly more firm than you are used to.*

**Comfort and support:** Comfort and support are personal preferences. In the store, lay on different mattresses in the position you mostly sleep in: on your back, front, or side. The mattress should support your body at all points and keep your spine in a natural alignment. Firmness is matter of choice, but firmer is better if you sleep on your back, and a less firm mattress is better for front sleepers.

**Size:** There are five, widely available, common mattress sizes to choose from. Choose a size based on the number of sleepers and that is at least 6 inches longer than the height of the tallest sleeper. There are many thicknesses of mattresses, but our standard is between 10 inches and 16 inches thick. Avoid mattresses more than 16 inches thick as these require special bed linens.

Mattress Sizes

California King	King	Queen	Double (Full)	Twin
72" x 84" x 10"-16"	76" x 80" x 10"-16"	60" x 80" x 10"-16"	54" x 75" x 10"-16"	38" x 75" x 10"-16"



### Buying tip:

*Avoid one-sided, pillow-top mattresses, which cannot be flipped. Use a mattress pad instead.*

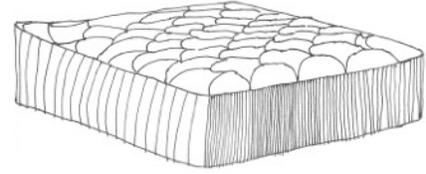
**Materials:** Mattresses with innerspring construction are the most common in North America. An innerspring mattress is our standard. The best measure of the durability and firmness of an innerspring mattress is the thickness of the inner coils, which should be 13 gauge or lower. Straight seams and uniform quilting are signs of quality. Choose a natural fibre cover, like cotton. It breathes well and provides more comfort.

---

 **Our standard:** One innerspring mattress with 13 gauge inner coils, 10 inches to 16 inches in depth, cotton covered, without a pillow top.

---

## Mattress Pad



Your mattress pad is essential to your bed because it does a number of important things:

- It protects the mattress from spills and dirt.
- It provides extra comfort and padding by ensuring airflow between your body and the mattress.
- It helps keep your sheets in place.

**Materials:** Choose a quilted mattress pad, filled to 600 fill power with natural down. Make sure it's covered in natural cotton or wool. Avoid synthetic fillings and covers—they don't circulate air as effectively and are not as comfortable as natural materials.

**Size:** A fitted mattress pad with an 18 inch pocket accommodates a mattress up to 16 inches deep. A mattress deeper than 16 inches needs special, non-standard, mattress pads and linens.

**i** **Fill power:** *measure of the loft achieved by a down or feather filling. A higher number is an indicator of comfort and quality.*

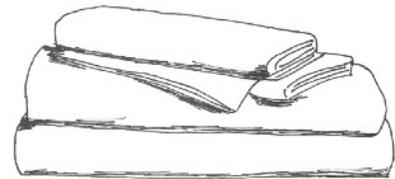
**Fill weight:** *indicator of how much filling is used to achieve a general warmth rating. A heavier weight with the same fill power of filling is warmer than a lighter weight.*

Mattress Pad Sizes

California King	King	Queen	Double (Full)	Twin
72" x 84" x 18"	76" x 80" x 18"	76" x 80" x 18"	54" x 75" x 18"	38" x 75" x 18"

 **Our standard:** Two quilted goose down pads, filled to 600 fill power, with fitted cotton covers and an 18 inch deep pocket.

## Linens



Bed linens are critical components of a well-made bed because they are the elements that touch your skin. Select them carefully.

**Pieces:** Standard bed linens are a fitted sheet, a top sheet (also called a flat sheet), pillowcases, and a duvet cover. A sheet set includes: one fitted sheet, one top sheet, and two pillowcases. You can also buy these individually. In most cases, you'll need to buy additional pillowcases beyond what's included in a sheet set. Duvet covers are sold individually.

 **Buying tip:**

*Dimensions for duvet covers vary by manufacturer and a cover any larger than your duvet will not sit well on your bed.*

*Confirm your exact duvet dimensions before buying your duvet cover.*

**Size:** Choose fitted sheets with an 18 inch deep pocket to accommodate a standard mattress depth. Pillowcases should be 4 inches longer than the pillow. Duvet cover dimensions vary—to make sure of a snug fit, choose a cover the exact size of your duvet or smaller. Never use a cover larger than your duvet.

	Linen Sizes				
	California King	King	Queen	Double (Full)	Twin
fitted sheet	72" x 84"	76" x 80"	60" x 80"	54" x 75"	38" x 75"
top sheet	108" x 102"	108" x 102"	90" x 102"	81" x 96"	66" x 96"
pillowcase	20" x 40"	20" x 40"	20" x 34"	20" x 30"	20" x 30"
duvet cover	100" x 90"	100" x 90"	86" x 86"	76" x 86"	68" x 86"

**Material:** Buy cotton sheets. Long staple cotton has longer fibres which make it softer and more durable. Our standard is 100 percent Egyptian cotton, but Pima cotton from North America is a good alternative. Avoid short staple Asian cotton, which is poorer quality, not as soft, and less durable.

**Thread count:** A higher thread count means softer sheets that are more durable, and shrink less. Pick the highest thread count that you can afford, but stay between 200 to 400 thread count. A thread count above 400 is typically overstating the count by using a different style of weave.

**Weave:** The way a fabric is woven affects its warmth, softness, durability and comfort. For sheets and pillowcases, select a combed-cotton percale weave. It's smoother and finer than other weaves. Pick a heavier and more luxurious jacquard weave for your duvet cover.

**Colour:** Our standard for sheets and pillowcases is white. White can mix and match with other white linens, it doesn't fade, it's easy to launder, and it coordinates easily with any duvet cover. Pick a patterned colour duvet cover matched to your bedroom decor—patterned fabrics require less cleaning.

 **Buying tip:**

*Buy a cover with strings sewn on each inside corner that can attach to loops sewn into the duvet. They'll keep your duvet from shifting inside the duvet cover.*

*If you add your own strings, use different coloured tapes to distinguish the head and foot ends of the duvet.*

---

 **Our standard:** Three complete sets of: fitted sheet, top sheet, pillowcases and a duvet cover. Sewn from 100 percent Egyptian fibre combed-cotton with a 200-400 thread count. White sheets and pillowcases in a percale weave. Patterned colour duvet covers in a jacquard weave.

---

## Blanket

Your blanket adds warmth in cooler months when it's paired with a duvet. It can also be used on its own, in place of a duvet during warmer months.



**Material:** Blankets come in many fabrics, weaves, and styles. Natural fibres are best. Our standard is a wool blanket, made from merino, cashmere or lambswool. A cotton blanket is an option for warmer months.

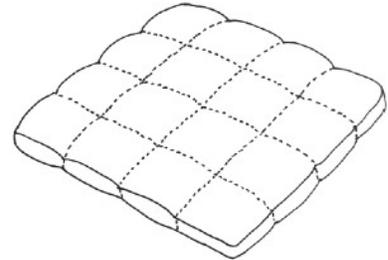
**Sizing:** Blanket dimensions can vary up to 6 inches from the following standard dimensions:

Blanket Sizes				
California King	King	Queen	Double (Full)	Twin
108" x 96"	108" x 96"	90" x 96"	80" x 96"	66" x 96"

 **Our standard:** One wool blanket plus a cotton option for summer months.

## Duvet

Your duvet is the main insulating layer of your bed, typically filled with goose or duck down. It requires a cover. A duvet differs from a comforter, which is a more compressed, quilted design that is decoratively patterned and ready to use without a cover.



**Size:** Duvet dimensions vary by manufacturer. To make sure of a snug fit, use a cover the exact size of your duvet or smaller. Never use a cover larger than your duvet.

Duvet Sizes				
California King	King	Queen	Double (Full)	Twin
100" x 90"	100" x 90"	86" x 86"	76" x 86"	68" x 86"

**Material:** Chose a duvet made from natural materials. It should be cotton-covered (200 thread count or higher), filled with 90 percent or more goose down with a fill power rating of 600 or greater. Duck down is a less expensive alternative. Those with allergies may consider a duvet with silk or synthetic fibre filling.

**Weight:** There are three standard fill weights to consider: light, medium, and extra warm. Our standard is a medium weight duvet. Make your choice based on your climate. If your bedroom temperature varies, layer with or without a blanket by season.

**Construction:** Baffle box construction has vertical interior walls that prevent down from gathering in clumps. Choose a duvet with a baffle box construction for even warmth and comfort. Look for double-stitched and piped seams as a measure of durability and quality.

---

 **Our standard:** One baffle box, double-stitched construction duvet. Filled with 90 percent goose down with 600 or greater fill power in a medium weight. Covered in double-stitched, 200 thread count cotton with piped seams and looped corners.

---

## Pillows



Pick a pillow that suits the way you sleep and that feels most comfortable.



**Buying tip:**

*Look for smooth edging and straight seams as signs of pillow quality.*

**Material:** Choose natural materials. Down-filled pillows are softer, more breathable, easier to shape and longer-lasting than feather or synthetic-filling pillows. Our standard is 500 fill power goose down with medium firmness in a 200 thread-count cotton covering. Duck down is a less expensive alternative. Those with allergies may consider a pillow with synthetic fibre filling.

**Firmness:** Pillows are rated as soft, medium, firm, and extra firm. Because most people sleep on their side, our standard is a medium firm pillow. If you are a front sleeper, pick a softer pillow. If you are a back sleeper, select something firmer.

**Size:** Select pillows that are suited to your bed size.

Pillow Sizes

California King	King	Queen	Double (Full)	Twin
20" x 36"	20" x 36"	20" x 30"	20" x 26"	20" x 26"

**Covers:** Good quality down-filled pillows are expensive. Be sure to purchase zippered cotton covers to protect your investment. Launder the covers regularly to protect your pillows and enhance their lifespan.

---

 **Our standard:** Two pillows per person, filled with 500 fill power goose down and covered in 200 thread-count cotton. Medium firmness (adapt to your personal preference). Plus two zippered cotton covers per pillow.

---

# Making Your Bed

## Attaching the Mattress Pad

*The mattress pad is fitted to the size of mattress with a quilted top portion surrounded by an elasticized pocket.*

**i** **Finish seam:** sewing treatment that secures and neatens the raw edges of a plain seam to prevent ravelling.

1. Unfold and lay the mattress pad on the bed.
2. Orient the pad to the mattress with the quilted surface facing up and the elasticized pocket tucked underneath. All finish seams should face out.
3. Stand at the head of the bed. Line up the quilted pad corner with the corresponding mattress corner.
4. Hold the mattress pad corner in place as you grab and tug the elasticized edge of the pocket and tuck it firmly under the mattress.
5. Adjust the corner seam to line up with the corner of the mattress.
6. Next, walk to the opposite corner, at the foot of the bed. Repeat the tug and tuck procedure described in Step 4.
7. Repeat again on the remaining corner at the head of the bed.
8. Repeat on the last corner, at the foot of the bed.
9. Finally, walk around the bed and make sure that the edges of the quilted pad lines up with the edges of the mattress (see Figure 1). Make sure that the elasticized pocket is well-tucked on all sides.

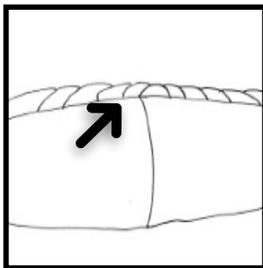


Figure 1: Quilted pad edges align with mattress edge

## Attaching the Fitted Sheet

*The fitted sheet is sized to the mattress, with an elasticized pocket to accommodate the mattress depth when tucked in place.*

1. Unfold the fitted sheet.

2. Lay the sheet on the bed, oriented to the mattress with the elasticized pocket tucked underneath. Make sure that the finish seams face up. The sheet is oriented correctly when the manufacturer's tag on the inside seam is on top left or bottom right corner of the bed.
3. Stand at the head of bed. Line up the seamed corner of the sheet to the corresponding mattress corner.
4. Hold the corner in place as you grab and tug the elasticized edge of the sheet and tuck it firmly under the mattress.
5. Adjust the corner seam to align straight with the corner of the mattress (see Figure 2).
6. Next, walk to the opposite corner, at the foot of the bed. Repeat the tug and tuck procedure described in Step 4.
7. Repeat again on the remaining corner at the head of the bed.
8. Repeat on the last corner, at the foot of the bed.
9. Finally, walk around the bed and make sure that the sheet seams line up with the edge of the mattress. Make sure that the sheet is well-tucked on all sides.

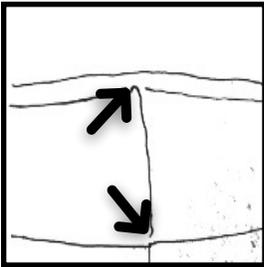


Figure 2: Fitted sheet corner seam aligns with mattress corner

**i** **Top seam:** The seam on the head end of a flat sheet. Typically wider than the seams on other edges of the sheet.

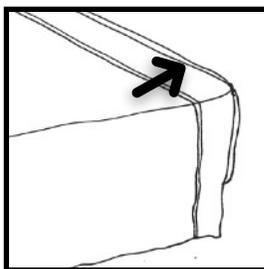


Figure 3: Line up top sheet with mattress edge

## Placing the Top Sheet

1. Unfold the top sheet.
2. Lay it on the bed with the finished side of the top seam facing down.
3. Line up the sheet with the mattress edge at the head of the bed (see Figure 3).
4. Smooth out the sheet and adjust it to drape evenly on each side and over the foot of the bed.

## Placing the Blanket

1. Lay the blanket to orient it with the bed.
2. Set it back 6 inches from the head of the bed.
3. Smooth out the blanket and adjust it to drape evenly on each side and over the foot of the bed.

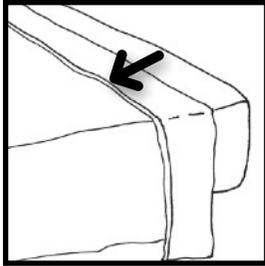


Figure 4: Fold top sheet back to overlap the blanket

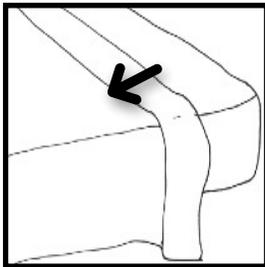


Figure 5: Fold blanket and sheet together to form a 6 inch fold

4. From the head of the bed, lift the top sheet back to the edge of the blanket. Fold it back to overlap the blanket and reveal the top sheet's finish seam (see Figure 4).
5. Next, fold the top sheet and blanket together to create a 6 inch fold (see Figure 5).
6. Walk around the bed and repeat Steps 4 and 5 on the opposite side. Make sure the sheet and blanket edges line up. They should drape neatly on each side.
7. Walk to the foot of the bed and tuck the top sheet and blanket completely underneath the mattress. Avoid bunching.

## Making Hospital Corners

*Make hospital corners at the foot of the bed.*

1. Stand at the foot end of one side of the bed. Grasp the top sheet and blanket together in one hand. Tug them firmly so they extend the foot edge of the blanket towards you.
2. With your other hand, grab the long edge of the top sheet and blanket about 12 inches from the foot of the bed.
3. Lift up and away, then lay the sheet and blanket on the bed to form a large triangle shape at the corner of the bed (see Figure 6).
4. Tuck the sheet and blanket left hanging from the side of the bed under the mattress (see Figure 7).
5. Next, pull down the triangle that you made in Step 3—to hang down the side of the bed. Tuck this neatly under the mattress (see Figure 8).
6. Tuck the remaining blanket and top sheet towards the head of the bed.
7. Repeat Steps 1 to 6 on the opposite side of the bed.

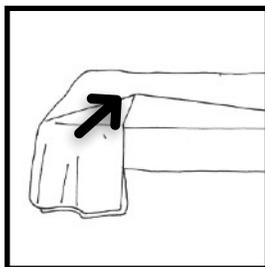


Figure 6: Form triangle

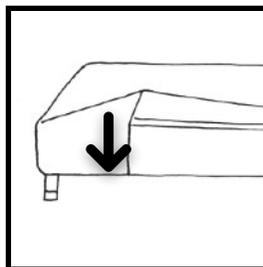


Figure 7: Tuck hanging portion under mattress

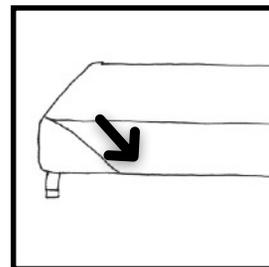


Figure 8: Tuck triangle

## Preparing the Duvet and Cover

*The duvet needs a cover before it is added to your bed.*

1. Unfold the duvet cover.
2. Turn it inside out, and lay it on the bed with the opening at the foot end.
3. Lay the duvet on top of the cover, orienting the top and sides.
4. Attach the cover to the duvet using the ribbons sewn to the inside of the duvet cover.
5. From the head of the bed, roll the cover and duvet together towards the foot of the bed (see Figure 9).

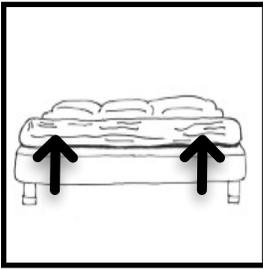


Figure 9: Roll the duvet and cover together

6. When you reach the end of the duvet, flip each end of the cover through the cover opening to reveal the outside of the cover (see Figure 10).
7. Close and fasten the cover.
8. Unroll the duvet.
9. Grab the corners at one end and shake to settle the duvet into place.
10. Lay the covered duvet flat on the bed with the cover's opening at the foot of the bed.
11. Align the top end with the head of the bed. Leave the duvet to drape over the foot and sides of the bed.
12. Fold the duvet back 14 inches from the head of the bed to reveal the edge of the folded top sheet.

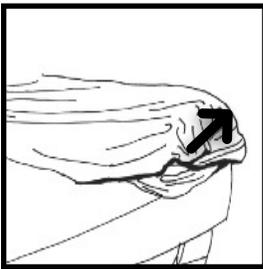


Figure 10: Flip the duvet through the cover opening

## Covering the Pillows

*Protect your pillows inside zippered pillow covers before putting them into pillowcases.*

1. Lay out the zippered pillow cover flat on the bed beside the pillow.
2. Lay your forearm along the length of the pillow and press it in half.
3. Fold and grasp the pillow with your other hand. (see Figure 11).

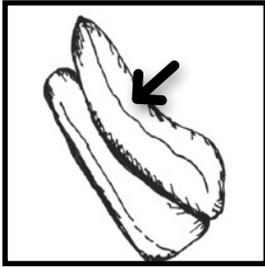


Figure 11: Fold and grasp the pillow

4. Use your free hand to open the pillow cover as you feed in the folded pillow.
5. Release the pillow and adjust the cover to make sure of a proper fit.
6. Zip the closure.
7. Repeat Steps 1 to 6 for each pillow.

## Putting the Pillows into Pillowcases

1. Lay the covered pillow on the bed in front of you with the short end meeting the edge of the bed.
2. Unfold the pillowcase and reach your arms into the opening. Line up the seam at the end with your middle fingers.
3. Slip the pillowcase over the pillow's zippered end. Keep the pillowcase centred and the corners aligned (see Figure 12).
4. Remove your arms from the pillowcase.
5. Fluff the pillow and smooth out any wrinkles.
6. Complete Steps 1 to 5 for each pillow.
7. Stack two pillows for each person at the head of the bed with the open ends of the cases facing out. Make sure that pillows do not overlap with the duvet.

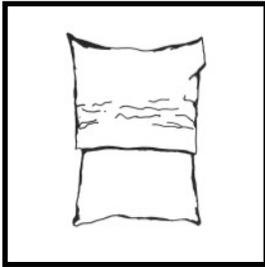


Figure 12: Keep pillowcase centres and corners aligned

# Care and Cleaning

	Care	Cleaning	Replacement
<b>Mattress</b>	<ul style="list-style-type: none"> <li>• Rotate or flip four times a year. In April and October, flip it over. In January and July, rotate it head to toe.</li> </ul>	<ul style="list-style-type: none"> <li>• Vacuum every three months as you rotate or flip.</li> </ul>	<ul style="list-style-type: none"> <li>• Used regularly, will last 8-10 years.</li> </ul>
	<div style="border: 1px solid black; padding: 5px;">  <b>Make yourself a reminder:</b> <ul style="list-style-type: none"> <li>- Label two pieces of fabric. One marked "January/July" and the other "April/October". Write one month upside down on each piece.</li> <li>- Safety pin one label to the long and short sides of the mattress.</li> <li>- As you change your mattress pad, rotate or flip the mattress when you reach the month showing on the label.</li> </ul> </div>		
<b>Mattress Pad</b>	<ul style="list-style-type: none"> <li>• Rotate once a month.</li> </ul>	<ul style="list-style-type: none"> <li>• Vacuum every three months as you rotate.</li> </ul>	<ul style="list-style-type: none"> <li>• Rotated monthly, will last four to five years.</li> <li>• Replace it when it loses support and becomes uncomfortable.</li> </ul>
<b>Linens</b>	<ul style="list-style-type: none"> <li>• Store a complete set of folded bed linens in a half-folded pillowcase. This keeps each set organized and neatly together.</li> </ul>	<ul style="list-style-type: none"> <li>• Change and launder once a week.</li> <li>• Wash in warm water (not hot). Use oxygen bleach (not chlorine) and do not use fabric softener.</li> <li>• Wash printed duvet covers inside out to protect colour.</li> <li>• Dry on low heat and fold slightly damp.</li> </ul>	<ul style="list-style-type: none"> <li>• Changed weekly, will last five or more years.</li> <li>• Replacing individual pieces is more cost effective if you stick to standard white colours.</li> </ul>
<b>Blanket</b>	<ul style="list-style-type: none"> <li>• Store in a dark, cool space when not in use.</li> <li>• After storage, soften the blanket's fibres by placing in the dryer on a cool setting for two minutes before use.</li> </ul>	<ul style="list-style-type: none"> <li>• Clean once or twice a season.</li> <li>• Hand wash wool in cold water with mild detergent. Do not use fabric softener.</li> <li>• Roll out moisture between two towels, then lay flat to dry. Don't hang to dry.</li> </ul>	<ul style="list-style-type: none"> <li>• Properly cared for, will last a decade or more.</li> </ul>

	Care	Cleaning	Replacement
<b>Duvet</b>	<ul style="list-style-type: none"> <li>• Always use a cover.</li> <li>• Fluff daily as you remake your bed.</li> <li>• Air outside in the sunshine once every six months.</li> <li>• Store in a cotton bag to protect from dust and maintain loft.</li> </ul>	<ul style="list-style-type: none"> <li>• Clean every five years to reduce allergens. Have it professionally cleaned but not dry-cleaned.</li> <li>• Try not to launder except when soiled. Cleaning will reduce the loft of the down fibres and shorten the lifespan.</li> <li>• Spot clean any spills or stains gently.</li> </ul>	<ul style="list-style-type: none"> <li>• Carefully cared for, will last up to 15 years.</li> <li>• Replace when the down loses its loft, starts to disintegrate, and begins to clump. Hold it up to a window to see if this is the case.</li> </ul>
<b>Pillows</b>	<ul style="list-style-type: none"> <li>• Use zippered covers at all times. Have two sets on hand so they can be switched and laundered each month.</li> <li>• Maintain loft between washings by placing them in dryer for 15 minutes with a damp washcloth and three clean tennis balls on a low temperature setting.</li> </ul>	<ul style="list-style-type: none"> <li>• Wash every six months in cold water with a mild detergent. Use an extra rinse and a fast spin speed. Wash two at a time to keep the washer balanced during the spin cycle. Don't use fabric softener.</li> <li>• Dry thoroughly in the dryer over multiple cycles using low or medium heat. Use a dryer sheet to freshen. Hand fluff between cycles, or throw three clean tennis balls into the dryer.</li> <li>• Launder covers once a month along with bed linens.</li> </ul>	<ul style="list-style-type: none"> <li>• Well-cared for, will last 10 or more years.</li> <li>• Replace when it loses its loft, becomes lumpy, or leaves you with a sore neck in the morning.</li> </ul>

# Glossary

**Comforter:** main insulating layer of a bed, typically in a compressed, quilted design that is decoratively patterned and ready to use without a cover.

**Down:** layer of fine feathers found under the tougher exterior feathers of a bird. Duck and goose down is often used as a thermal insulator in bedding.

**Duvet:** main insulating layer of a bed, typically filled with goose or duck down. It requires a cover.

**Fill weight:** indicator of how much filling is used to achieve a general warmth rating. A heavier weight with the same fill power of filling is warmer than a lighter weight.

**Fill power:** measure of the loft achieved by a down or feather filling. A higher number is an indicator of comfort and quality.

**Finish seam:** sewing treatment that secures and neatens the raw edges of a seam to prevent unravelling.

**Jacquard:** fabric made on a loom fitted with a jacquard, producing an intricate variegated pattern.

**Long staple cotton:** cotton with a long length fibre that produces a softer and more durable fabric.

**Percal:** closely woven fine cotton or polyester fabric used especially for sheets.

**Seam:** line along which two pieces of fabric are sewn together.

**Short staple cotton:** cotton with a shorter length fibre that produces a rougher and less durable fabric than long staple cotton fibre.

**Thread count:** number of horizontal and vertical threads per square inch of fabric. Generally, the higher the thread count, the softer the sheet, and the more likely it will wear well—or even soften—over time

**Top seam:** seam on the head end of a flat sheet. Typically wider than the seams on the other edges of the sheet.