

## Tips for Choosing the right Bedding

If you get a good eight hours of sleep every night, you're unknowingly spending a third of your day in bed. If you want your bedroom to serve as a refuge from daily stress, one piece of furniture is more important than all the rest: the bed. But you need to do more than just choose a good mattress and bed frame. How you dress the bed choosing the right [bedding](#) and its linens will make a world of a difference along the way.

As you know that [bedding](#) can majorly impact your sleep quality. You need to know that many factors can impact your [bedding](#) purchase, such as:

1. **Quality:** It may be tempting to purchase an inexpensive, visually appealing sheet set, but an investment in your [bedding](#) can change the quality of your sleep, which can benefit your health in the long-term by giving you a more comfortable place to rest.
2. **Comfort:** The material and weave of the fabric used to make bedding can play a significant role in how comfortable it feels. Thread counts refer to the number of woven threads in a square inch of fabric, ranging from 100 to 1,000. Typically, the higher the thread count, the softer a sheet will feel. Experts generally recommend purchasing bedding in the 200–400 thread count range for best results.
3. **Breathability:** Most bed linen is either printed or dyed. This makes it important to check whether the process used is chemical-free and determine if the bed linen is good for your skin when purchasing new [bedding](#), keep your preferred sleeping temperature in mind. The material and weave of the fabric also determines how breathable it is i.e. Whether this material will remain cool or heat-up against your skin. If you usually run hot while you sleep, focus on buying more breathable fabrics. Conversely, if you're prone to chilliness at night, you might want to include at least one synthetic layer that can help trap in some body heat.
4. **Hypoallergenic:** People with allergies may benefit from bedding with antimicrobial properties. Hypoallergenic bedding, like pillowcases and mattress protectors, offer an extra barrier of defense against dust mites, mold and pet dander. By choosing materials that are naturally resistant to dust mites and mold, you can have a more comfortable night's sleep.

It is recommended [bed sheets](#) should be changed every 2 weeks. If not changed on time the unwarranted bacterial growth on your [bed linens](#), can adversely affect your sleep quality and cause health-related problems, skin irritation, allergies, etc. For those having any allergies or who love to snuggle with their pets on the bed, consider changing them in a week's time or so. The quality of your [bed linen](#) can make or break your comfort level, a well-tied and cozy bed can make your body and mind feel fresh.