



FINANCIAL TIMES

HTSI

7 FEBRUARY
2026

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A SLEEP SPECIAL

HOW TEKLA MADE SHEETS ÜBER-CHIC — THE EXPERT GUIDE TO BEDS — LAZY FASHION — WHY SNOOZING WILL SAVE YOUR LIFE

THE FIX

INTERIORS

THE HTSI EXPERT GUIDE TO BEDS

Twelve interior designers share their thoughts on creating the ultimate sanctuary.
Compiled by *Victoria Woodcock*



A bedroom at the Paris apartment of architect and designer Charles Zana. The Teddy Bed is by Zana

PHOTOGRAPH BY JAMES NELSON

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23

THE FIX



A SUITE AT
ETT HEM IN
STOCKHOLM,
BY ILSE
CRAWFORD

THE PANEL



Which bed frames do you use on repeat?

INDIA MAHDAVI I like using Nathalie from Flou, designed by Vico Magistretti – it's a modern classic. The headboard resembles oversized pillows.

ANDRÉ FU The Cashew bed from my own collection is a constant. It was conceived as a sanctuary for the liminal space before sleep – specifically, the quiet ritual of a bedtime read.

RITA KONIG I love using four-posters. We tend to make them, but Max Rollitt does great ones, and William Yeoward also has a really nice design called Morris.

ILSE CRAWFORD We often use the one we designed for Hästens, from the Being collection. It is perfect to read – or write or watch movies – in.

And your own bed?

IM A purple four-poster; I designed it like a room within a room.

ROBERT STILIN I sleep in a Robert Stilin custom bed frame in dark-green cashmere from Loro Piana. I'm single and sleep alone, but I have a king-size bed, and I'm happy with it!

RK A four-poster, fully upholstered; the drapes hang from the ceiling. I like to make all the pattern happen on the inside.

CHARU GANDHI I have a divan with under-bed storage, four drawers – the super king from Peter Jones.

CHARLES ZANA The Teddy Bed from my own collection, which I designed 10 years ago, in a very beautiful honey-coloured velvet textile by Pierre Frey.

How do you feel about vintage bed frames? What should buyers look out for?

KELLY WEARSTLER My own bed is from the 1970s; it's so sculptural and low to the ground. Look for solid wood, honest joinery and a frame that feels stable.

ALL THESE NEW SIZES ARE RIDICULOUS. HUGE BEDS ARE UGLY

RK The problem with vintage bed frames is that they're generally quite small, and everybody now wants colossal beds and to be, seemingly, as far away from their partner as possible.

BEATA HEUMAN Ensure the mattress size is standard so that you can easily get a new one. Vintage frames are probably best in a guest bedroom or for a child.

MAX ROLLITT Original antique frames can be pretty useless – the joints are often gone and they rattle around. We tend to use just the posts and remake the rails.

Can a bed ever be too big?

CG For me, no. I push for the biggest bed – and the biggest bedside tables. At home I'm campaigning to go from a super king to an emperor size.

SOPHIE ASHBY I would recommend super king for the main bedroom; king as a minimum elsewhere.

KW I love a king when the architecture can

support it. A bed can definitely be too big. It should anchor the space, not take it over.

IM I like the French queen (160 x 200cm), which sits between a US queen and a king.

IC We like 180 x 200cm. Some clients like bigger. Much bigger. Big enough for the whole family to pile into.

RS I think all these new sizes are ridiculous. I mean, I get it if you're 7ft 2in. But for the average person? No. I don't think any bed should be bigger than a king. I think huge beds are ugly.

Which mattresses do you recommend to clients?

SA For clients looking to invest, I would recommend Vispring or Savoir for their quality, craftsmanship and support. John Lewis is my go-to for testing them out in person.

BH I get beds from a company called Vilax: handmade in the south of Sweden and the best night's sleep I've ever had.

MR We work with a local manufacturer in the South Downs to make the mattresses



Above: a Castle Howard bedroom with a bed upholstered in Watts 1874 Howard Indienne Victoria. Far left: a design by Studio Ashby at Lancer Square, London

PARACHUTE DOWN PILLOWS, FROM \$160, AND SIDE SLEEPER PILLOW, \$185



SHOPPING

CASE WORK

Eight pillow slips to be proud of.
By Inès Cross



From top: COCO & WOLF Liberty cotton scallop-edged Betsy, £65. REBECCA UDALL hand-embroidered cotton Thea, from £94. LORETTA CAPONI cotton satin Garland On Cream Boudoir, £140. GINGERLILLY silk Ashdown Oxford, from £75. SCHUMACHER x MATOUK cotton percale India Sham, \$195. MARIMEKKO linen-mix Unikko, £30. TBCO cotton ditsy floral, £59. MILLE NOTTI cotton percale Willow by Beata Heuman, £35

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25

JOHN ATKINSON
MERINO DUCHESS
BLANKET,
FROM £215

INDIA MAHAVI

KELLY WEARSTLER

MAX ROLLITT

RITA KONIG

ROBERT STUIN

SOPHIE ASHBY

How much should you spend on a mattress?

AF Around £2,000.

RS Our clients are all over the place about this. About 40 per cent see the value in a Hästens (from £7,390) or one of the top, top brands; the rest get nice-but-not-crazy. It's rare that we buy any for less than \$5,000. The sweet spot for most is in the \$10,000 to \$15,000 range.

And a more budget-friendly option?

IC The IKEA top-of-the-range mattresses are pretty good.

BH Naturalmat does very comfy, completely natural mattresses that don't break the bank.

IM The Italian company Bolzan, for which I designed a headboard, has great mattresses.

RK There's a fantastic company in east London called Litvinoff & Fawcett. It's a very unprepossessing sort of shop, but it does really good mattresses and they're very reasonably priced.

CG A brand called Sueno; its mattresses and bed bases are really good.

Topper or no topper – and which one?

KW Always a topper. I prefer natural materials because they breathe and regulate temperature. Parachute makes a down one that has a luxe hotel feel.

RS I'm all for a very firm mattress and a light topper on top of it.

CZ For me, a topper is more English style. I prefer just to have a good mattress.

Pillows – foam or feather?

KW Feather, always. I love Frette; I buy the softest ones, then take out about half the down so they collapse just enough.

It's kinder to your face – my little anti-ageing secret! Kassatex also does nice-quality ones and Parachute makes a great side-sleeper.

BH I need three pillows of various densities. I get them from Mille Notti.

AF I like a contour foam pillow from Tempur-Pedic that cradles the neck's natural curvature.

RS We buy almost all of our pillows – in eastern European down – from this store in East Hampton called The Elegant John.

CZ Drouault makes good ones. Always feather. And always rectangular, not square.

Ditto duvets – which get your vote?

KW I like a lighter-weight duvet layered with a sheet. The down ones from Scandia Home and Feathered Friends have gorgeous loft.



A FOUR-POSTER
RATTAN BED AT
INDIA MAHAVI'S
HOME IN ARLS

RK I sleep under sheets and blankets – wool with a satin edge from The White House – and an eiderdown. I like to layer a bed. Hainsworth also does nice old-fashioned blankets.

CG Hungarian goose-down – it's so thin and fluffy. Mine is from Brinkhaus.

SA Hungarian goose-down every time. Scooms or The White Company are my go-tos.

Other than at home, where do you have the best night's sleep?

SA At La Residencia in Deià, Mallorca; the beds are heavenly and there's something about the mountain air that makes for the dreamiest and most restorative sleep.

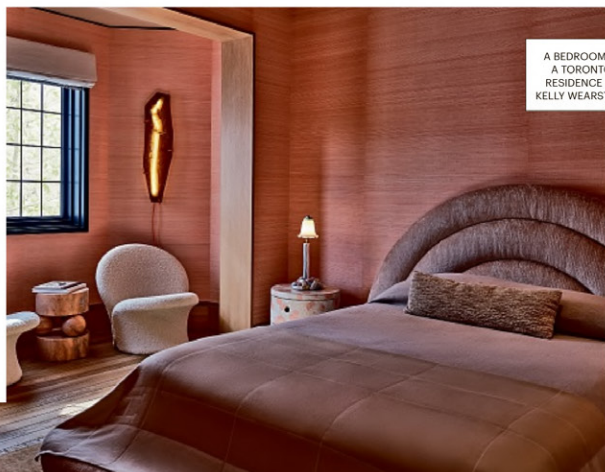
I SLEEP BEST IN THE YURT IN OUR GARDEN – I LIKE THE COLD

CG I recently had a really good night's sleep at The Palace hotel in Madrid, which is a Marriott hotel. It actually sells the mattress on the website.

AF In Kyoto. The very atmosphere seems hushed; it lulls the soul into a state of profound quietude.

MR In the yurt in our garden. It must be the fresh air. I like waking up in the freezing cold – it reminds me of my childhood home.

RK It's so nice to sleep somewhere where it's really cold outside and you can hear the weather but you're toasty inside. I recently stayed with a friend in Scotland. We had nowhere to be, no one to get up for, nothing we had to do. That made me sleep well. Those are the things that count, to me, more than the actual mattress. ■HTSI



A BEDROOM IN
A TORONTO
RESIDENCE BY
KELLY WEARSTLER

for our bespoke beds. They're all hand-stitched and sprung, can be customised in size – and even covered in a client's own material.

RK We often buy mattresses for our clients from Multibeds, which makes beautiful mattresses.

CG We work with brands such as Hästens, Savoir and Vispring, as well as lots of high-street brands. We'll often take clients on a mattress trip to Peter Jones and Harrods to trial lots of different ones.

And your own mattress?

SA Vispring. It's heaven – supportive but still plush. It has that glorious cloud-like feel.

AF Sealy – its Posturepedic series – the Crown Sapphire.

BRITT MORAN I sleep on a Villa Luxury Beds mattress. It's beautifully crafted, breathable and light.

IM I have a fantastic mattress by Le Lit National, France's haute mattress company.

CG An Ortho pocket-sprung mattress from John Lewis. I like a very firm mattress.

KW Naturepedic, made with all-natural materials. My own bed is my little sleep lab. My Oura ring usually has me scoring in the high 90s, so I know my set-up is working.

CZ Mine is by Tréca – a very well-known brand in France.

RK I think it was given to me by my mother – and I think it came out of a rental of hers. Weirdly, I don't care that much about mattresses. For me, it's all about the bed.