

As Heather found when transforming her bedroom, a few simple updates can make all the difference...



INTERIOR DESIGN

SALLIE CHATER

Founder and director of her own interior design company, Interiors at 58, Sallie believes in creating luxurious, elegant and original schemes at affordable prices

SIT BACK IN COMFORT


Adding a headboard to a bed can be the perfect finishing touch in a small room. Sallie Chater explains how to choose one that won't overwhelm the space.

A headboard is a great choice for a less-than-generous bedroom as it ensures the flow of the room isn't broken up by the bulky foot ends that come with many beds. But bear in mind the proportions of the room, as a headboard shouldn't dominate the space. Oversized styles might have the wow factor, but they can be a bit too much.

However, if you're keen on the idea of making a statement, this look can still work as long as you keep the rest of the room simple and clutter free. In compact rooms it's also worth considering a headboard with built-in storage.

As well as thinking about the style, take into account how you use the room. If you read or watch TV in bed, an upholstered headboard will be most comfortable. Just make sure it's high enough for you to sit up against it. For a contemporary feel, opt for one with straight lines and panel details, or for a more glamorous result, choose a buttoned finish and add studs for impact.

If you like to update your room fairly frequently, a wooden headboard can be a great choice, as they're versatile and can be sanded and repainted as often as you like, to fit with different schemes. Metal bed ends are practical because, as well as being durable and relatively low cost, their delicate frames mean they work well in smaller areas and won't dominate the room.

Finally, to be sure the headboard will frame the bed perfectly, check you buy the correct size. Beds vary from country to country, so always measure yours exactly, and take into account whether you want a wall- or bed-mounted headboard. Wall-mounted fixings are typically best for larger styles, but if using a bed-mounted headboard, check your bed base has the correct bolts to hold it securely. 



SHOP THE LOOK



- 1 Atmosphere Heather wallpaper, £50/roll, Graham & Brown 2 Antler light fitting, £125, Next 3 Ted Baker Arboretum bed cushion, £40, Amara 4 Small gold tealight holder, £8, River Island 5 Undulating weave Taupe throw, £75, The French Bedroom Company 6 Sahara chest of drawers in Grey Wash, £549, Swoon Editions

FOR STORE DETAILS SEE **WHERE TO BUY** PAGE