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# Tips For Choosing the Best Bedding Sheets

Getting a good night's sleep is important to your health. That's why it's important to have a bed that is comfortable and bedding that is equally relaxing to sleep on. Your bed is the focal point of your bedroom. This means the sheets you use should have a color scheme that matches the theme of your bedroom. Choosing the right set of bed sheets will add personality and appeal to your room. Here are some tips to follow when choosing bedding sheets for your room.

One factor you need to consider is buying the correct size sheets for your mattress. This may sound silly but often people end up purchasing the wrong size sheets. Avoid this mistake by knowing what size sheets you need before you make the purchase. Generally, bedding sheets come in the following sizes: Twin, Full, Queen and King. Matching pillow case covers usually come along in the set, which is very convenient.

Another factor you should pay attention to is a term known as thread count per inch (TPI). A higher TPI will have a softer feel. Usually a TPI number above 200 should provide comfort and durability. If you are looking to maximize your sleep, avoid bedding that offers anything less than 200 TPI. Common fabrics include cotton, flannel and mixed-fabrics. Of course, you can always go with satins and silks although the price would be more expensive. Keep in mind that you want the color of the sheets to match the overall color scheme of the room. Ideally, you want to pick a color that complements the color of the wall. Hopefully, these tips will help you in your quest to find the right bedding sheets.

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