

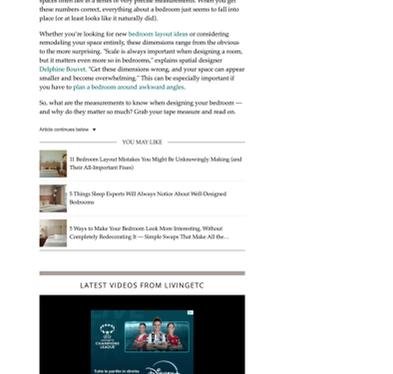


# 10 Important Measurement Rules Designers Say You Really, Really Need to Know for a Better Bedroom Layout

From the length of your curtains to the height of your headboard, every fraction of an inch matters

By James Channon | Published 20 January 2024 | [15 Comments](#)

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The most balanced, beautifully put-together bedrooms always feel like layers of calm and serenity. But the secret behind creating such restorative spaces often lies in a series of very precise measurements. When you get these numbers correct, everything about a bedroom just seems to fall into place (or at least looks like it naturally did).

Whether you're looking for new bedroom layout ideas or considering remodeling your space entirely, these dimensions range from the obvious to the most overlooked. "Scale is always important when designing a room, but it matters even more so in bedrooms," explains spatial designer Daphne Hester. "Get those dimensions wrong, and your space can appear smaller and become overwhelming." This can be especially important if you have rigid furniture pieces or a complex layout.

So, what are the measurements to know when designing your bedroom—and why do they matter so much? Grab your tape measure and read on.

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## 1. RUG SIZE



A bed sits on a rug, and the rug extends beyond the bed on all sides, anchoring the entire space and unifying the furnishings. "Headboard against the wall, a reclining chair, the key is avoiding furniture that's awkwardly half on, half off the rug," says David Flinn from Blue Hays Interiors. "As a general rule, I like to allow at least a minimum of two feet on either side of the bed and around those feet of the headboard."

In this project, the rug anchors the entire space and unifies the furnishings. "Headboard against the wall, a reclining chair, the key is avoiding furniture that's awkwardly half on, half off the rug," says David Flinn from Blue Hays Interiors. "As a general rule, I like to allow at least a minimum of two feet on either side of the bed and around those feet of the headboard."

Image credit: Daphne Hester, Design: Heather Hibbard Design

Ensuring your bed is surrounded by enough space is a key way to ensure the layout feels considered rather than cramped. "Leaving the right area around a bed lets you more comfortably make the bed easily, and enter the room without having an immediate sense of compression," says David Flinn from Blue Hays Interiors. "As a general rule, I like to allow at least a minimum of two feet on either side of the bed and around those feet of the headboard."

Image credit: Laidy Smith, Design: Blue Hays

## 2. SPACE AROUND THE BED



Measuring around a bed can ensure the room has a sense of circulation.

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