

How home accessories can redefine your home

By Latashni Gobi Nathan



Photo: SuMisura

Styling your home is more than just knowing what colours to choose for your walls and how to position your furniture.

Sprucing up your home with home accessories can bring a new level of design and style to your space. They can even express your personality and sense of taste.

Ms Angela Lim, a creative director from SuMisura a design firm that uses accessories to style homes, said: "Accessories such as artworks, floral arrangements, sculptures, decorative lightings and vases often captures the attention of what people first focus on when entering a room. They provide the finishing touches to your home. It requires skill to place such items appropriately and tastefully."

Positioning accessories

Depending on your taste and lifestyle, these home accessories can fill up spaces in your home, and add touches of your personality to your decor, be it contemporary, Victorian or industrial chic.

Ms Lim said that most homeowners would rather opt for a finished look instead of leaving open shelves empty or filled with items that look out of place.

She said: "Typically, floral arrangements or big sculptures are placed in the living room, entertainment area or a foyer space. Smaller accents such as table lamps, photo frames and scented candles will most likely be used in bedrooms."

Pick the perfect mattress

By Latashni Gobi Nathan

After a long day, you want to return to a cosy home, and most importantly, a comfortable mattress that fits your body in order to get a well-deserved night of good sleep.

Investing in a good-quality mattress that is just right for your body is not just crucial for having good sleep, but to also prevent you from having body aches.

Mattresses from various manufacturers are made using different technologies and materials. Some manufacturers use metal coils underneath the bedding for support, while others use foam particles or cotton.

At Tempur Singapore, mattresses are made using a pressure-relieving, visco-elastic foam that was initially developed by the National Aeronautics and Space Administration.

Tempur Singapore's mattresses consist of multiple layers of Tempur material. Each mattress will have a base layer, support layer and comfort layer.

Ms Janet Soh, country manager of Tempur Singapore said: "Through years of research and development, our sleep scientists have created different feels of the foam to suit different needs. The different feels are created by adjusting the chemical make-up of the foam. For example, a Tempur Extra Soft (ES) material was created for a softer feel, and a Tempur High Mobility (HM) material was created to give mattresses a bouncy feel."

For instance, Hypnos' bespoke beds and mattresses use only natural and sustainable materials of the finest quality. As the only supplier of luxury beds to the British monarchy, Hypnos, distributed here by 8edtimes, provides high-level bedroom comfort and as a result, quality sleep.

They use only natural and sustainable materials of the finest quality, and have also passed the National Bed Federation's (NBF) strict guidelines on bed-making. This reinforces the robustness of their business and products in terms of flammability, supply chain, material cleanliness and compliance to trade standards.

When shopping for a mattress

Arm yourself with the right information before buying your mattress.

Think about what position you usually sleep in and of the areas of your body that need the most support, like your back, neck or shoulders. Take your time to try out the mattresses at the store.

Ms Soh said: "When shopping for a mattress, lie down for at least seven minutes to allow your body time to adjust to the sleep surface. You should feel fully supported and completely comfortable, and that the mattress fits your body perfectly."

She also said that a good mattress should last you between seven to 10 years, so make sure the warranty covers that duration.

A common misconception is that

firm mattresses prove the best support.

Ms Soh said: "Mattresses from certain companies do not require you to flip it. Check with the salesperson and see if there any special care tips are required. For hygiene purposes, you might also wish to get covers that are machine washable and water-resistant mattress protectors which can prevent spilt liquids from seeping into the mattress."

Maintaining

the mattress


Some mattresses require you to flip and rotate it on each side every few months to a year. This prevents sagging or indentations.

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Vacuum your mattress every month and consider hiring professional mattress cleaners who can get rid of stains and dust mites effectively.




Photo: Tempur Singapore



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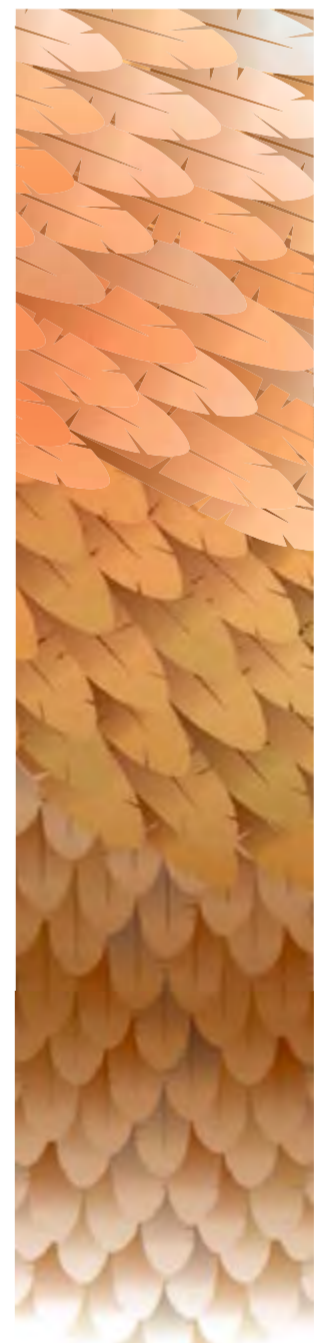
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