

Resene Hammerhead is a soothing yet steely blue – great for this bedroom in a home interior designed by Susan Templer of Templer Interiors.

Resene Hammerhead 

bedded bliss

There's no room like a bedroom to accentuate the power of colour.

Much has been written about how colour can affect our state of mind, and there's no better example than bedrooms. Yes, your eyes might be shut tight for most of the time you're in a bedroom, but anyone who has spent the hour before lights out looking at a brightly coloured screen, will know that being surrounded by restful tones makes for better quality snoozing.

Which is why many of us seem to be opting for shades of soothing blues and greys for our bedrooms. Happily, Resene has plenty of colours to suit, with shades like Resene Duck Egg Blue, Resene Dusted Blue, Resene Silver Chalice, Resene Coast and many others.

Bedrooms are ultimately very personal spaces so we can do what we like with them, really. Some of us grab on to that decorating freedom and go all out, while many of us want these rooms to integrate with the rest of our home.

It seems that when we grow up, we cast off the heavily themed bedrooms of our childhood and get more demur. But that doesn't have to mean boring.

Colours that work

If blue or grey isn't your style, or feels too cool for the orientation of your room, try one of the warmer beiges or greiges from the Resene Whites & Neutrals collection – Resene Napa maybe, or Resene Truffle.

Rich, rusty browns create a cocooning space, as do earthy pale greens. If you're after a bit of luxe, try deep stormy purples for an on-trend approach, or a luscious wallpaper from the Resene Wallpaper Collection.

Avoid too much red and other similar 'hot' colours like orange and bright pink. These are stimulating



Resene Duck Egg Blue

Resene Dusted Blue

Resene Coast

Resene Silver Chalice

shades so might keep you awake rather than help you sleep. If you love these colours and have to have them, use them as a feature colour on the bedhead wall so that you don't see them when you lie down.

Bedhead walls have morphed from being just coloured feature walls to more playful surfaces, with wide use of painted patterns or motifs, or a slightly outrageous or decadent wallpaper.

If you're stuck for colour inspiration, use a duvet, bed cover or rug as a starting point, pulling out one of the colours to inspire your scheme.

When it comes to a shared bedroom, it can be tricky finding a colour scheme that pleases you both. Greys, greens and blues are good for sharing. Try pastel or muted versions for a zen-like lightness, or dark tones for a feeling of underwater calm.

Pick a theme – Scandi, boho, luxe, global – and have fun interpreting it in your own special way.

Resene Truffle

Resene Napa

Making small bedrooms look bigger

Bedroom floor space is often sacrificed on a floor plan to allow for larger living areas. We reason that these are rooms that we only go to, to sleep. If you end up with a small bedroom to decorate and don't want that cluttered nest feeling, try these tips:

- Encourage lots of natural light. Use lighter window dressings.
- Use mirrored wardrobe doors or an oversized dress mirror to give an illusion of a larger space and to reflect light around the room.
- Paint the ceiling a half strength of the wall colour, but only if it's a pale or mid-toned colour. This will help raise the ceiling and make the room seem more open and airy.
- Keep furniture to a minimum – use a bed with drawers underneath, a fitted wardrobe and build shelves into the wall behind the bed to act as a bedhead.
- Likewise, use fewer cluttered accessories, eg use wall lights by the bed instead of bedside lamps. **H**

pictures Jessica Judge, Larnie Nicolson, Jane Dove Juneau



Above: A decal adds a touch of quiet glamour to the wall of this bedroom, in a house designed by Lee Turner of Turner Road Architecture. The wall is painted in Resene Inside Back and the ceiling is in Resene Half Sea Fog.

Resene Inside Back
 Resene Half Sea Fog

Grey for all ages

As many homeowners have found, grey is a hugely versatile colour in any room. Here, Jenna and Paul Simm have used two slightly different greys for their nursery and spare room. For their daughter's room, Resene Mischka has a hint of lilac, so looks perfect with soft pink accents (the other wall is Resene Double Black White). For a grown-up look, Resene Delta does the job in the spare bedroom.



Resene Mischka

Resene Double Black White

Resene Delta