

lake norman

# WOMAN

CELEBRATING WOMEN

*goldilocks*  
Never Had  
It So Good!  
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AN LKN WOMAN  
*dances*  
WITH WAVES  
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*Eager, Ready,*  
**FEARLESS**  
*& fantastic!*  
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featuring  
**DR. ROBIN OWINGS,**  
OWNER OF PROWELLNESS  
FAMILY CHIROPRACTIC

# *embracing* **CHANGE**





# GOLDBLOCKS

## *never had it so good!*

MY HUSBAND OF 33 YEARS calls me an "indoor dog" and he is right! I love interiors and let's be real, I LOVE sleeping! My bed is my fort; warm, happy and soft. Who could ask for anything more?

In college we grabbed a bed in a bag and thought it was perfect. I have, however, come to learn the joys of layering the proper bedding for the best experience. Here are the layers you should consider.

*This article is making me sleepy ...*

*"Night, night", as my mother would say.*

**8** The final layer of bedding is the decorative layer.

**a.** Add a bed scarf at the foot of the bed for a finished look.

**b.** Decorative Pillows - Less is more for most of us. Keep to essentials like shams and a lumbar pillow or neck roll. No one wants to move pillows around every morning and night.

**7** I suggest silk pillowcases as they can reduce allergens (think silk cocoon warding off intruders), prevent skin irritation and face creasing, help skin retain moisture and protect your hair from frizz and breakage.


**6** The top of bed covering can be a duvet, comforter, or matelassé/ quilted spread. This layer is what provides warmth and insulation. It is important to choose one that is the right size for your bed, as well as one that is made of breathable materials, such as cotton or down. I have found this to be a completely personal decision. Everyone has an opinion, and everyone is right!

**5** Blankets are up next and can be made in wool, cotton or even a very lightweight feather down, which I prefer.

**4** Seersucker sheet can sit on top of the top sheet and act as a cool layer to hold in heat during the winter or use simply as your top layer in the summer. You will find them used at fine hotels such as the Cloister at Sea Island. They are easy to care for and require no ironing.

**3** Sheets are what will come into direct contact with your skin, so it is important to choose ones that are comfortable and breathable. There is a movement among some people to do away with the top sheet and only use the duvet. I am not on this bandwagon. The top sheet is my favorite layer. Sheets can be made of linen, cotton, bamboo, silk or microfiber. My favorite is cotton percale as they tend to have a cool, crisp feel to the touch. Two things to consider: Yes, thread count is important, but even more important is the quality of the thread. The longer the thread fiber, the less wrinkles you will have and the smoother it will feel to the touch. Also, the longer the thread, the higher the price.

**2** The mattress topper adds an extra layer of comfort and support. Toppers come in a variety of materials, such as memory foam, latex, wool, or feathers. You can customize your sleep experience. The one you don't read about often is wool which can help support your body while being resilient to body impressions, it is moisture wicking and breathable.

**1** The mattress protector is an important layer that protects the mattress from spills, sweat, and dirt. It also helps to reduce allergens from dust mites and other pests. There are a variety of protectors available, including waterproof and hypoallergenic options. 

**Starr Miller**  
Founder and Principal,  
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Allied ASID, IDS, CAPS



Our resident home-design expert, Starr Miller, has garnered local and national acclaim with more than 30 industry honors. An alumnus of the prestigious Parsons School of Design in New York, Starr has built a strong following as the principal of her sought-after design firm, located in Cornelius, NC.

She feels the composition of a space must originate with the client's unique perspective. Along with that perspective she brings together her team's collaboration, design skills and refined processes in a way which results in truly captivating homes for her clients.

StarrMiller Interior Design specializes in full-service interior design projects.

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