



Bring the plush Four Seasons' bed home.

BETWEEN THE SHEETS

ASHLEY NIEDRINGHAUS DIVES UNDER THE DUVET TO UNCOVER WHAT MAKES A HOTEL BED SO DREAMY, AND HOW TO REPLICATE IT AT HOME.

WHY ARE HOTEL BEDS SO SPECIAL?

Consider the facts: You're staying in a room that isn't your responsibility to clean and getting some hard-to-find private time. In the dreamiest of circumstances, your hotelier has invested some serious effort into making sure your sleep is so sweet you never want to leave that bed. Here are a few ways to recreate that blissful experience at home by adding soporific touches.

In 1999, Westin Hotels & Resorts debuted its signature Heavenly Bed that had 10 layers of bedding and—in a move the industry experts initially poo-pooed—the all-white linen motif.

"The Heavenly Bed experience was a game-changer for an industry that wasn't focused on delivering quality sleep," says Brian Povinelli, global brand leader for Westin. Westin's move not only monetized the hotel bed industry with their direct-to-customer sales but also made the white bed the industry standard. The Heavenly bedding currently outfits Delta Air Lines' business class cabins on international flights. **Try it at home:** Switching to Westin's all-white linens (westinstore.com; *white-stripe king sheet set* US\$419) will make cleaning easier and won't start any color-scheme arguments—quite the contrary, in fact,

since one of the reasons hotels have fully adopted all-white bedding is that it has a calming and balancing effect that can make spaces appear larger. Use layering items, like Euro shams or a bolster pillow, to add pops of color.

The National Sleep Foundation, a scientific not-for-profit organization located in Washington, D.C., conducted a poll that found respondents slept longer and better when the bed had been made, and the sheets were fresh. Pull back the covers of a hotel bed and notice that on the bottom, rather than a traditional fitted sheet, is an extra-long flat sheet, which is easier to run through the commercial pressing machine. **Try it at home:** Take your sheets warm from the dryer straight to the bedroom, smoothing them with your hands as you fit them on the surface, and touch up the top sheet and the duvet with a low-heat iron once they're on the bed. Here is a tip from the Four Seasons' housekeeping staff to steal wholesale, a move they call the "Issy Fold" after the brand's founder Isadore "Issy" Sharp. Loosen the tuck of the flat sheet and wiggle it free by about 20-centimeters to create a pocket along the bottom so you can easily move your feet.

To help guests sleep better after checkout, many brands sell their mattresses, pillows and bed linens. Four Seasons Hotels & Resorts have started introducing out their new Simmons mattresses with exclusive temperature regulation technology and three zip-on mattress-topper options in new hotel rooms and for retail sales. In January, this bed will be available in the new villas in Bali and the worldwide rollout is expected to be complete by 2017. **Try it at home:** Mattresses have a life expectancy of a decade; so if your lumpy oldie needs replacing, consider buying from a favorite hotel (and perhaps justify a vacation in the name of research). **Four Seasons Bed** fourseasons.com; US\$2,999 for king mattress and box spring. + **Westin's Heavenly Bed** westinstore.com; US\$2,395 for a king mattress and box spring.

BEDDING DOWN

Our picks for the coziest hotel beds in the region.

Mandarin Oriental Tokyo offers a 12-option pillow menu, including one filled with horsehair and a warmed aromatherapy pillow. mandarinoriental.com.

com/tokyo; doubles from ¥70,000.

The Mulia Bali lulls guests to sleep in the hotel's custom-built mattresses, with mattress toppers

for an extra layer of comfiness. They shelled out US\$8,000 a pop for even the lowest room category—and you can too at the hotel's shop. Heck, may as

well spring for a set of their linens too. themulia.com; **doubles** from US\$420.

The Ritz-Carlton Shanghai has a mattress made

with special coils to regulate body temperature, and 800-thread-count sheets. ritzcarlton.com/shanghai; **doubles** from RMB1,288.