

Right: The Hari London, designed by Tara Bernerd, who advises on checking the light and ensuring digital clocks aren't shining all night to aid restful sleep.

Left: Novegr offers a range of beautiful bespoke duvets to deal with all environments



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bed to reading a favourite novel upright, without straining one's neck.

And when it comes to the mattress, Walzer says: “You need to find the right fit for hips and shoulders — the mattress should be optimised to keep the spine straight.” This means spending a few hours testing out mattresses and lying in numerous somnolent positions.

If the appliance of science isn't hitting the spot, maybe a beautiful headboard adorned with a peacock's plumage or a George Stubbs' steed will do. For the affluent clients of UK-based Savoir Beds, they are just some of the many bespoke options on offer. Thanks to its collaboration with the National Gallery, this can mean a bespoke bed illustrated with an artwork of your choice, such as a Turner sunset or Gainsborough wheatsheaf — yours from £16,800. Want it circular and rotating? No problem, although add a nought to the fee.

For a truly one-off design, Savoir can create a canopy bed with a hand-inscribed family

crest, with silk embroidery care of the Royal College of Needlework, which was responsible for embellishing the Duchess of Cambridge's wedding dress. However, the 180 hours of work it takes to craft the box spring, mattress and topper bring this bespoke bed in at a regal £250,000.

As previously stated, a good night's sleep begins with being at the correct temperature, which means ensuring bed covers are neither too hot or too cold. Norwegian luxury bespoke bedding company Novegr makes a range of desirable duvets. “It is a family business,” says CEO Nils Henrik Stene. “My grandfather started out in 1956, maintaining and restoring duvets and pillows with a steam cleaner.”

The absolute jewels in Novegr's crown are its prized eiderdown duvets, costing from €3,196. With only 100 or so made each year, each one is painstakingly crafted from discarded down from the nests of the Svalbard eider duck. The down is collected

by hand after the female birds have fled the nest, before being hand cleaned and used for filling the duvets.

Novegr can also make duvets with two differing sides for couples who like to sleep with different thickness of covers at night. Or there are its polar duvets, for particularly hardy types who prefer to sleep with the window open, even in sub-zero Scandinavian winters. The company even had one resilient client who had a bed set up on his terrace outdoors so that he could sleep under the stars, cosy under his polar duvet — despite being freezing midwinter in Norway.

“When the quality is good enough, eiderdown is very resilient — if you treat it correctly, you can keep it for decades,” says Stene. “We have even serviced a 100-year-old duvet.” So its €29,800 bespoke polar duvet should be seen as a life investment.

How does one keep these stately covers at their optimum? “Give them a gentle shake in the morning, fold them once over and leave them to rest with the windows open. Leave for an hour or two then make up the bed,” Stene explains.

Linen has also become super high end. See Ilinka's bespoke offerings, which are glamorously embroidered with monograms or family crests and all made to measure. Or turn to Ploh for its 1030 thread count long-staple Egyptian cotton linens for superior slumber.

And it's not just about the actual bed — interior designers are increasingly looking at what creates the perfect restful space. “Check the light in a room,” says Tara Bernerd, who has overseen the design at hotels including London's The Principal and The Hari.

“Does the digital clock stay on all night? Does one of you regularly use the bathroom at night? If so, don't have an open-plan bathroom and bedroom. And if you and your partner get up at different times, consider dividing the