

Choosing the perfect mattress

Missing out on a good night's sleep?
Colin and Justin have all the answers...



COLIN MCALLISTER
and JUSTIN RYAN
Room For Improvement

INNER SPRING

Bonnell coil: Shaped like an hour-glass, these inexpensive coils are susceptible to damage, and prone to wear and popping.

Continuous coil: These employ a wire system and hundreds of inter-connecting springs. Manufactured to extend mattress life, and favoured by top hotels, they avoid premature sagging.

Pocket coil: Independent springs, encased in fabric and foam, provide support for the head, chest and hips. Downsides? They can be expensive, and can 'dip' in heavily compressed areas.

MEMORY FOAM

These consist of a regular foam layer, on top of which sits the memory foam. Developed using NASA tech, the comfort layer is generally thinner than the base layer and designed with heat retaining properties, body contouring ability and, as marketers pronounce, superior support.

LATEX FOAM

This option offers similar support to memory foam, albeit with distinctions: latex is more natural and retains less body heat, making it popular with "hot sleepers" and those who suffer with scent hypersensitivity.

AIR BEDS

Airbeds have come a long way, some versions having the capacity to separately adjust firmness at each side.

WATERBEDS

Old school options provided limited support and poor 'motion-cancelling.' Today's, however, allow firmness control as well as temperature shift on high spec' models.

NB: Across literally hundreds of bedroom projects, we've yet to specify a waterbed, though this harks back to the memory of a U.K. neighbour who accidentally pierced hers with a knife whilst enjoying a roman-



If your mattress is old, or if you're experiencing back, hip or neck discomfort, perhaps it's time to invest anew.

tic bedtime nibble.

The upshot? Soaked carpet and water damage to the flat below. Little wonder her boyfriend fled the watery debacle, never to return again.

FUTONS

Affordable, space saving and comfy, these proffer similar support to memory foam and latex mattresses. Constructed using cotton, foam and synthetics, some won't be hypoallergenic, so assure yourself of "breathe" quality before investing.

Our best advice? Try before you buy. We're not suggesting you spend the night in Sleep Country (or practise romantic gymnastics on the shop floor) but, upon spotting something you like, adopt your typical sleep position and stay there for 15 minutes to appraise comfort.

Spend as much as you can afford: a mattress should be good for 10 years, so do the math. A \$2,000 bed breaks down to \$200 per year which, in turn, equates to less than \$4 a week. Worth considering, huh?

SIZE MATTERS

Twin (39 by 75 inches), full (54 by 75), queen (60 by 80), king (78 by 80) and Californian king, 72 by 84.

When choosing, leave enough room for night stands and circulation, ensure your bed will fit up stairs and around corners, and remember it may be difficult to find linens for irregular sizes such as Californian king.

Before flexing your plastic, bear in mind there's no such thing as a humble bed — some, like Van Gogh's "Crooked Bed" or Tracey Emin's "My Bed" are artistic, whereas others, like Elvis' Graceland "Hamburger Bed" are somewhat personal. And then of course there was John and Yoko's 1969 "Peace Bed" at The Queen Elizabeth Hotel in Montreal.

So choose wisely and, whatever you do in yours, be sure it inspires a revolution. More from us next week!

For more information, visit www.bettersleep.org

Watch for Colin and Justin on Colin and Justin's Hotel Hell (CBC Gem) and on Cityline (Citytv). Find the Colin and Justin Collection in stores across Canada. Visit www.colinandjustin.tv.

Four simple steps to your dream bathroom

JESSICA CINNAMON

Your bathroom is your refuge, your sanctuary. It's a place to rest, relax and rejuvenate; to pamper yourself and indulge, because you deserve it.

A bathroom renovation can make all your spa-inspired dreams come true, but if not planned and executed correctly, it can quickly put those dreams under water.

These are four important things to consider, to ensure your bathroom renovation — and vision — goes off without a hitch.

DETERMINE NEEDS AND WANTS

From a design and renovation perspective, your bathroom has to be functional. This is where your needs factor into the plan. How many people will be using the bathroom, and what's their "style?" There's no right or wrong answer, and certainly no judgement.

Some people are shower people, some are naturally messy, and some have physical restrictions or special needs that must be considered.



Your bathroom should be all about you, says designer Jessica Cinnamon. Beyond basic and special needs, your wants should also be a factor.

Beyond those needs, your wants should also be a factor.

After all, this is all about you, so what do you really want? Consider features, finishes and upgrades, and work with your designer to factor these into the plan and budget.

CREATE A TIME-LINE

A bathroom project will take time,



A bathroom renovation has a lot of intricate elements, from plumbing and electrical, to a million and one design choices.

so be realistic in how long the work will take, and how big of an inconvenience it will be. If you only have one bathroom, then some extra planning will be required, likely involving alternate accommodations while the work is being done.

During your contractor consultations, get a scope of work outlining all the details, and how long it will all take.

Keep track of renovation milestones, which are your opportunity to see what's been completed to date, and correct any issues before moving onto the next step in the process.

WORK WITH A PROFESSIONAL

A bathroom renovation has a lot of interconnected and intricate elements, from plumbing and electrical, and a million and one design choices, to a delicate schedule of events that each need to happen on time.

A good designer has got you covered — but finding the right one is critical. Do your research before committing to a designer. Ensure the one you choose has experience with bathroom renovations, take a look at their portfolio, get referrals and check references.

As important as the technical side, is the relationship part of it. For the project to be a success, your designer needs to get to you know, so expect to be spending lots of time together. For this reason, it's important that your personalities "mesh."

YOUR PART IN THE PROCESS

Yes, it is your home, but remember that the design and work is someone else's job.

You've done your due diligence and hopefully hired someone you trust, so let them do what they do best.

Before any work begins, your designer will have gotten to know you and your goals for the project.

One huge benefit of working with a professional designer is access to their roster of tried-and-true service providers, suppliers and retailers, to ensure top quality is delivered on time and on budget.

For many, a bathroom renovation is a long time coming, and a lot has to come together to make that vision materialize.

But with a little planning, patience and professional help along the way, you can ensure your hard-saved money is spent wisely, and that your reno goals culminate into bathroom bliss.

Jessica Cinnamon is principal designer and founder of Toronto-based Jessica Cinnamon Design Inc., a design firm known for creating stylish and well curated interiors. Visit www.jessicacinnamondesign.com