As you put away your winter wardrobe, swapping sweaters and boots for sundresses and sandals, you may also want to take a closer look at your bedroom décor. While your cozy bedroom was the perfect place to spend those long winter nights, it may leave you tossing and turning in the warmer weather.



However, don’t worry, as there are lots of things you can do to get your bedroom summer-ready. From putting away the thick blankets and bedcovers to decorating with cool, calming colors, here are some of our top tips to help you:

Change the Bedding

Changing your bedding is the easiest change you can make to get your bedroom summer-ready. No one wants to be sleeping with a heavy duvet cover when they’re hot and sticky. Instead, choose lightweight layers, as these will help to keep you cool all summer long.

While the thickness of the duvet you choose is extremely important, so are the materials you

choose for your bedding. Natural textiles such as cotton and linen are a brilliant option. Not only are they breathable but they can help you to stay cool too. It's a good idea to avoid woven synthetics as they trap in moisture and heat.

Consider the Colors

The colors you choose to use in your bedroom are also important. If you choose to use dark colors and heavyweight textiles in a room, it's unlikely to feel cool. Instead, choose colors such as white, beige, taupe, and blush. All of these colors will help your room to look airy and bright instead of heavy and dull.

Find a Good Mattress

Getting enough sleep at night is important for our health. However, lots of people struggle to get a good night's sleep, particularly when it's hot outside. This is where a good mattress can help. A good mattress can elevate stress and make you feel happier, calmer, and more relaxed.

While there are lots of amazing mattresses available to choose from, many of them aren't great for the summer months. This is because most mattresses absorb body heat. This leads to a buildup of heat in the bed, causing overheating and night sweats.

If you struggle to sleep during the summer months because of the heat, then it might be a good idea to purchase a "cooling" mattress. These mattresses are created using innovative materials to produce a more breathable sleep surface. You can find out more about the best cooling mattresses for hot sleepers here.

Bring the Outdoors Inside

Houseplants can make any home feel more inviting. No matter what time of year it is, it's always a great idea to add plants into your home. However, there's no better time to add houseplants to your bedroom than during the summer months. Adding plants to a room instantly makes it feel summery. Not only that, but it also helps to connect the room to nature too. And there are several other benefits of adding houseplants into your home, such as they can help you to get a better night's sleep and can improve the air quality in your home.

Let the Light Into Your Home

Natural light is amazing. Research has shown that natural light can improve our mood and help us to concentrate. To let natural light into your room during the summer months, consider changing your curtains from blackout blinds to sheer or gauzy options. These options will still give you the privacy you need, but they don’t block out the light. Again, it’s a good idea to choose light colors for that bright and open feel.

As the weather starts getting warmer, the cozy bedroom that was your sanctuary for the winter months suddenly leaves you tossing and turning at night. However, there are several things you can do to make your bedroom summer-ready. For example, you’ll want to swap out the winter bedding and infuse the room with a light and airy feel. If you want to create a summer-ready bedroom, then follow some of our top tips above.