

## How to Make Your Bed the Best Way-7Simple Steps



Making your bed is something you should opt for every day. It is something you need for your self-satisfaction. Your bedroom will look more neat and clean. It will add an aesthetic value to your bedroom naturally.

Making your bed may sound like a normal task, but doing it properly is a very steady process. Yes, it is not rocket science but there are some crucial steps to make sure you will get a peaceful goodnight sleep. Don't worry. We are here to guide you on how to make a bed perfectly step by step.

### **Step 1-Clean the bed**

After waking up your first duty is to clean the bed.No matter what it will give you a positive impact on your mind. Remove used bed sheets, pillow covers, stuffed animals, etc. Remove all the used items from your bed and take them for laundry.

### **Step 2- Add a mattress pad**

This step is optional. But if you like to add one, add it. It will add you to a bit extra level of comfort than a simple mattress. When you stretch out the pad make sure there are no wrinkles.

### **Step3- Add fitted sheet**

Now add a fitted sheet. This type of sheet is made of elastic. So it will give a tighter look to your bed. Lift the mattress slightly up so that you can tuck the sheet as well as possible to avoid any wrinkles.

### **Step 4-Add top sheet**

Now add the top sheet over your fitted sheet. It is best to always use a bedsheet color that matches your room color. It will give you a monochromatic outlook in your room. But it's all upon your choice.

### **Step 5-Add 'hospital corners'**

This term is generated from the hospital industry. This is how hospital beds are made. To make a hospital corner, tuck the end of the top sheet between the mattress and box springs at the foot of the bed.

#### **Step 6-Add comforter or duvet**

Now spread your chosen blanket or duvet over the top sheet evenly. It will create a neat and clean appearance in the bedroom.

#### **Step 7-Add pillows**

Grab your pillows and fluff them up before putting them on the bed. If you like flat pillows that are completely ok. You can put some extra decorative pillows. Put them in your desired configuration.

### **Good bed habits**

- **Developing healthy bed habits**

Everyday bed-making habits give you inner joy and boost your happiness level. It will give you certain accomplishments that will help you fight against all odds throughout the day.

- **Wash your bed sheets regularly.**

Wash bed sheets every 1 to 2 weeks. Don't wait for a smelly bed sheet.

I hope now it's clear to you how to make your bed every day. If you need further assistance we are here to help you.

Till then bye and take care folks.