



To keep the room from becoming too sweet, I added an exotic Ikat accent fabric to the custom bedding and ottoman – its classic motif holds all the hues in the room and adds a little visual tension – something I feel every space needs to keep things interesting.

Tip: to contrast the pale tone-on-tone area rug, I had the floors stained a deeper walnut – a great trick to help make a room look taller – the floors recede giving the ceilings more height.

I designed the custom bed with an exaggerated wing back headboard, again to draw the eye upward and add height. A pair of swivel chairs in a cream boucle, and a black Saarinen side table ground

the sitting area beneath a contemporary drum pendant in the corner. Lastly, after a bit of cajoling, we settled on an atmospheric photograph for the only adorned wall. It features a time-worn apartment lobby complete with graffiti art and layers of patina coating the classical mouldings.

Surely, we didn't forget about a cozy movie night, so a state-of-the-art television and surround sound was installed with all of the components tucked away in the walk-in closet. I'm not usually an advocate of a TV in the bedroom, but I balanced its size with the gas fire insert giving it a more balanced appearance.

As in all my work, I installed three zones of lighting: recessed cans for overall light and artwork; decorative sconces for accent; and unique table lamps for specific task lighting.

Remember, lighting is essential – without it you'll never see the beautiful details in your new space.

Tip: for a cleaner look, use three inch LED or halogen cans – great light with a smaller profile trim.

Designing a restful bedroom, or living room for that matter, just takes thoughtful consideration of how you want to live in that room. Figuring out what colors and textures speak to you is the first step. Look for inspiration – a calm ocean, a grove of trees or a winter sky can all provide all the ideas you need to create something soothing.

Everyone I work with has their own individual style and taste level. My job is to ascertain what really moves them and makes them feel most at home. As you design your own empty nest take a pause to reflect, and ask yourself what elements truly inspire you. Dream big.

Brandon Neff is a Bay Area based Interior Designer. He can be reached at BrandonNeffDesign.com or at brandonneffdesign@yahoo.com.



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