



Sleep soundly in a Delcor bed-Tips for a better night's sleep.

## **Description**



**Photo:** Choose a rich luxurious fabric for your bed like the one here on our [Natasha bed](#).

**Main Photo:** The classical good looks of our [Valentina bed](#). finished in neutral grey velvet for a calming space.

### **Are you getting enough sleep?**

We all know the importance of a good night's sleep. If we don't have enough sleep, the effects can really make themselves known, from your mood to your energy levels.

It's no secret that the quality of your sleep affects almost every aspect of your waking life. The difference from feeling fully rested, as opposed to the feelings of fatigue and lack of energy.

It is now well known that sleep wellness can have a big impact on our lives and that quality sleep is the foundation of a healthy and happy life.

**We have been handcrafting quality upholstered furniture since 1967. Our bed collection is an extension to our wonderful range of sofas and chairs. They are all created here in our workshops in Northumberland.**

Comfort is one of the main factors we consider when we design and create our furniture.

Mattresses are known to be a major factor in creating your perfect sleep sanctuary, but you should also consider the quality of the bed that supports your choice of mattress.

Our beds are constructed with the same high-quality hardwood that our furniture range shares. Our [divan beds](#) have a sprung base with fixed edges for additional support. Our [bedsteads](#) have sprung slatted bases.

And finally, the Delcor difference is that you can choose from an almost unlimited range of fabrics to create something totally unique for your bedroom.

Choose a classic toile print like the Beaumont Textiles fabric on our [Bella bed](#) (shown below) for a romantic bedroom décor.

Go bold with a bright toned fabric with a jewel tone from Wemyss Melody on our [Natasha bed](#). Perfect to accentuate the buttoning detail.

Or bring the outside in with a natural green fabric with a linen type texture on our [Empire bed](#). The Empire is also the perfect to create that Hotel Luxe look with its generous high dual headboard.

There is a world of choices with Delcor. [Visit your nearest destination showroom](#) to discover the bed collection.



Photo: [The Bella bed](#) has classical styling and is the perfect style to showcase your choice of fabric.

## **Are you ready to awaken your sleep potential?**

This is the perfect time to rejuvenate your sleep habits.

Read our sleep guide with top tips to help you achieve your best sleep yet.

Let Delcor guide you on your journey to better sleep.

### **Understanding the Importance of Sleep**

Our sleep plays a crucial role in our overall sense of well-being.

At the heart of good sleep is your body's circadian rhythm, often referred to as your body clock. This internal 24-hour biological clock regulates your sleep-wake cycle, dictating when you feel alert and when you feel sleepy. By maintaining regular wake-up times and bedtime routines, you can support this natural rhythm and improve your sleep quality.

### **Top Tips to Enhance Your Sleep**

Freshen up your sleep sanctuary

1. **Early Morning Daylight:** Spending time outdoors in the morning sunlight can help regulate your body clock and improve sleep quality. Aim to soak up some daylight within the first hour of waking to signal to your body that it's time to be alert.
- **Move to Feel Tired:** Regular exercise not only boosts your mood and reduces stress but also promotes better sleep. Incorporate physical activity into your daily routine to increase sleep pressure and prepare your body for restful sleep at night.
- **Spend Time Outside:** Afternoon sunlight acts as a secondary cue for your body's circadian rhythm, helping to maintain a consistent internal clock, which is particularly beneficial if you miss early morning exposure to sunlight.
- **Unwind with Relaxation:** Create a calming bedtime routine to signal to your body that it's time to wind down. Avoid screens and stimulating activities an hour before bed, and instead, indulge in relaxation techniques such as meditation or gentle stretching.

### **Creating Your Sleep Sanctuary**

Your bedroom should be a haven of tranquillity, conducive to restful sleep. Invest in a comfortable mattress and bedding that provide support and comfort from head to toe. If you're experiencing discomfort or waking up feeling stiff, it may be time to upgrade your sleep environment. Don't forget the foundation of good sleep is a quality bed. Our handcrafted beds are built to last and offer support to your mattress.

Ensuring a dark environment in your sleep room is crucial, as bright light at night can significantly hinder melatonin production. Even dim light exposure during sleep can disrupt sleep quality and interfere with essential overnight bodily functions, emphasizing the importance of creating a relaxing

atmosphere with low light levels for optimal sleep quality.

To create a calming space why not opt for neutral colours and textures to promote a sense of calm and wellbeing. Try velvets in neutral tones to add a feeling of luxury in your space. Remember with Delcor, you have a world of choices to create the most individual bed for your room.

As you embark on your spring sleep wellness journey, remember that small changes can make a big difference. By prioritising your sleep and implementing these science-based tips, you can recharge your sleep and wake up feeling refreshed and revitalised each morning.

Here's to a restful and rejuvenating season ahead!

### **Why Delcor?**

Our commitment to quality and customer satisfaction sets us apart:

**Bespoke Options:** Customize your sofa bed to perfectly fit your home with our range of custom fabrics and finishes.

**Craftsmanship:** Every Delcor sofa bed is handcrafted in the UK, using only the finest materials and techniques.

**Warranty and Support:** We stand behind our products with comprehensive warranties and dedicated customer service.

[Discover the Delcor difference. Find out why we are so different.](#)





**Photo:** The hand finished generous deep buttoning and wings set the [Valentina bed](#) apart from other beds.

**More tips:**

## **Accessorise your Delcor bed with our collection of bedroom furniture:**

Benches: Our [Carmen bench](#) and [Valentina bench](#) add an additional seating area, either at your window or at the end. Perhaps create a statement piece for your room? The luxurious buttoned detailing on the Valentina bench tone beautifully with the Valentina and Natasha beds.

Blanket boxes: Our Empire blanket box and Natasha blanket box are ideal for storing additional bed linen or throws perhaps? They also add an additional seating space for your room. So practical and attractive.

Occasional chairs: Our collection of occasional chairs include the Victoria tub chair with it's curved style. The Kendal and Coniston chairs are ideal for a corner seat and can be used when you have guests visiting for additional seating.

**Add storage:** Our divan bed bases can be fitted with a range of drawers. Ideal to store extra bedlinen or throws.

### **Conclusion:**

Choosing the perfect bed means balancing style, comfort, and functionality. At Delcor, our diverse range of beds ensures that no matter your needs or tastes, there is a perfect option waiting for you.

Ready to find your perfect bed? [Visit your nearest destination showroom](#) to experience the comfort and style of Delcor beds firsthand, or explore our collection online. Start planning your perfect sleep ready space today!