



THE MODERN BEDROOM FOR WELLNESS: CREATING SPACES THAT

RESTORE AND RECHARGE

by MARIAM ABOUTAAM

The primary bedroom has quietly evolved into one of the most important spaces in the home. No longer just a place to sleep, it has become a personal retreat; a sanctuary designed to restore energy, calm the mind and create distance from the constant noise of everyday life.

Working in pre-construction design allows me to shape these spaces long before homeowners move in. The goal is always the same: To create a

bedroom that feels layered, calming and supportive of daily rituals.

One of the most effective ways to achieve this is through texture. A room immediately feels warmer and more inviting when multiple materials are introduced. Upholstered headboards, grasscloth wallcovering, tailored drapery, woven throws and plush area rugs soften the architecture and create visual depth. These elements bring comfort to the

room while allowing the space to feel elevated and refined.

Lighting is equally important. I like to layer light sources throughout the room, using ambient ceiling lighting, bedside reading lamps and subtle accent lighting. This allows homeowners to shift the atmosphere depending on the time of day. When paired with thoughtful window treatments, lighting can also support natural circadian rhythms. Drapery

that gently filters daylight in the morning and creates a cocooned environment in the evening helps the bedroom function as a space for true rest and restoration. This approach reflects Kylemore's broader philosophy of wellness-focused design.

Another element I often introduce is the idea of functional zones within the bedroom. Rather than treating the space as one large open area, I like to carve out moments that support daily living. A small lounge area with comfortable seating offers a place to read, decompress or enjoy a quiet morning. A discreet beverage station, whether for coffee, tea or water, adds convenience and elevates rituals that start and end our day.

Custom furnishings can also bring a strong sense of character to a room. In one of our award-winning model homes, I designed a wrap-around



upholstered headboard that extended across the wall and transitioned into a built-in chaise lounge. Beyond anchoring the room visually, the design served another purpose; it preserved unobstructed views of the window. Whether sitting on the chaise or resting in bed, the view remains open to natural light and the outdoors, reinforcing the calm, restorative feeling of the space.

The relationship between the bedroom, the ensuite and the walk-in closet is also critical. When these spaces are positioned thoughtfully, the flow between them feels effortless. Morning routines unfold naturally, and the bedroom maintains the quiet atmosphere that defines a true retreat.

Ultimately, a well-designed bedroom should feel like a place where the outside world fades away. It should support rest, reflection and moments of stillness.

In today's fast-moving world, that sense of calm has become one of the greatest luxuries a home can offer. And at Kylemore, creating spaces that support wellness and everyday comfort remains at the heart of how we design.

DESIGN TIPS FOR A WELLNESS-FOCUSED BEDROOM

- **Layer with texture.** Mix materials such as linen, wool, wood and soft upholstery to create warmth and depth. Texture brings richness to the room without needing excessive decor.
- **Create a lounge moment.** A chaise or comfortable chair transforms the bedroom into more than a sleeping space. It becomes a place to pause, read or simply unwind.
- **Introduce a beverage niche.** A small station for coffee or tea adds quiet luxury and supports slower morning and evening rituals.
- **Use lighting thoughtfully.** Combine ambient lighting, bedside lamps and subtle accent lighting to shift the mood of the room throughout the day and to support natural circadian rhythms.
- **Preserve the window view.** Keep sightlines open to natural light and outdoor views whenever possible. It instantly enhances the sense of calm within the space.
- **Design for flow.** Position the bedroom, ensuite and walk-in closet so that daily routines feel effortless and intuitive.



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