



**Just Add Milk**  
A cookie recipe with a tranquilizing twist  
**D8**

# OFF DUTY

**Your Best Friend's Bed**  
Because our pets need comforting too  
**D11**



FASHION | FOOD | DESIGN | TRAVEL | GEAR

THE WALL STREET JOURNAL.

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THE SLEEP ISSUE

## A Guide to Superior Slumber



▲ Snooze-inducing teas  
**D6**

▶ Subdued slippers  
**D3**

We're all a little rattled. Here, 43 ingenious tips to help you get the shut-eye you need right now



▲ Cars that chauffeur you as you snore  
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▲ Non-ugly blackout blinds  
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▶ Pain-free sofabeds  
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▶ A huggable sleep robot  
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▼ Soothing bedtime puzzles  
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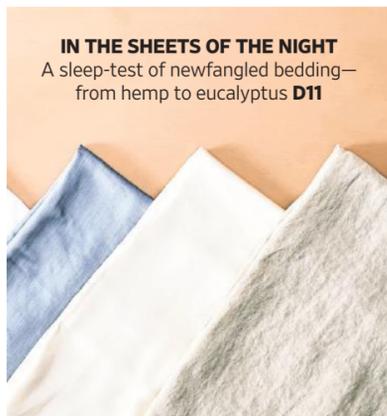


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**EAT, PRAY, SLEEP**

All you need to know about the links between food and drifting off **D6**



**IN THE SHEETS OF THE NIGHT**  
A sleep-test of newfangled bedding—from hemp to eucalyptus **D11**



**DRESS FOR SUCCESS**

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**A STAR-SPANGLED CEILING**  
Project a calming galaxy above your bed with this wee planetarium **D13**

DESIGN & DECORATING



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As a Sofa

As a Bed

# Buy a New Convertible

Carving out office space in a guest room? Housing grown-up kids again? Try these superior sofa beds

By ALEXIS MAINLAND

**I**T'S MAKIN' a dent!" So cries Elaine of a back-jabbing foldout sofa as she vainly tries to sleep in the home of Jerry's parents. The toll the offending metal bar ultimately takes on her body might be comically exaggerated in this "Seinfeld" episode, but we laugh at the truth of it.

"Sofa beds have a well-deserved reputation for crappiness," said Chris Stout-Hazard, who co-founded Roger+Chris, a Nebraska furnishing company, with his husband, Roger Hazard. Thankfully, along with other manufacturers, their firm has reimagined the mechanics and upholstery that made the pioneering sofa beds from Castro Convertibles a marvel in the 1930s. "It was long overdue that someone figure out how to put a bed in a sofa without compromising design or comfort," he added.

What's out: creaky and crimping coil-spring mattresses. What's in: "memory foam," the high-density polyurethane that brands like Casper mattresses turned into a household phrase. Designers have redrawn hulking silhouettes as sleek sculptural ones and charmed apartment dwellers by tucking single beds into cute benches, ottomans and chairs—like Interior Define's Charly Twin Sofa.

Not all convertible sofas require you to toss seat cushions aside and



**WHAT HAVE YOU GOT TO HIDE?** From top: Clam Sleeper, from \$5,625, [ligne-roset.com](#); Higgins Traditional Chesterfield Sleeper, from \$3,149 for queen, [rogerandchris.com](#); Hans Wegner GE261 Sofa Bed, from \$6,341, [danishdesignstore.com](#); Charly Twin Sofa, from \$1,895, [interiordefine.com](#).

haul an unyielding, unfolding mattress up from the sofa's innards. Ligne Roset's new Clam sofa falls into the category of sleepers whose backs and seats lie flat to form a slumber surface. The Clam's upholstered hinges serve as arm rests in the couch position, explained Simone Vingerhoets-Ziesmann, managing director of Ligne Roset USA. "As the articulated ratchets do the work to open the

sofa into a bed, the scrunched armrests unfold to become the head and foot of the bed." The padded frame cradles the high-resilience foam elegantly whether the piece is acting as bed or couch.

Although Roger+Chris's sofa beds pull out like old-school models, the horizontal bars in the mechanism feature a spine-sparing bend. "While they provide the same structural support, they drop

down about 4 inches...eliminating those pressure points," said Mr. Stout-Hazard. And because this more-refined machinery needn't be hidden by a bulky base with stubby legs, the team can transform all of its 50-plus sofa and sectional styles, including the Chesterfield, into sleepers.

The inside, a direct-to-consumer furniture company that's succeeded by offering a limited

number of pieces in 150 fabrics and patterns, debuted a sleeper last summer. Vibrant textiles like Scalamandré's coveted zebra-patterned cotton upend the cliché of the insipid sleeper. "We are erasing our collective memory of the pullout sofa in brown corduroy with really fat arms," said founder Christiane Lemieux.

Several factors have propelled the sleeper boom: the rise of small-space living; the (temporarily stalled) popularity of Airbnb, where listings that sleep more earn more; and the growing number of people who work from home—even pre-Covid-19—in an office/guest-room space. Boomer-ang-ing grown-up kids who need a bed might further drive demand.

Interior pro Alex Kalita, of Common Bond Design, estimates that 90% of her New York projects involve a sofa bed. She favors Montauk Sofa's Traditional Low sleeper, whose inflatable top-per adds comfort to its coil-spring mattress. Ms. Kalita also admires Hans Wegner's wood-framed sofa bed, a reissued 1954 design. A foam mattress pulls from underneath the seat to match the seat's height as a bed—like a less-clunky trundle.

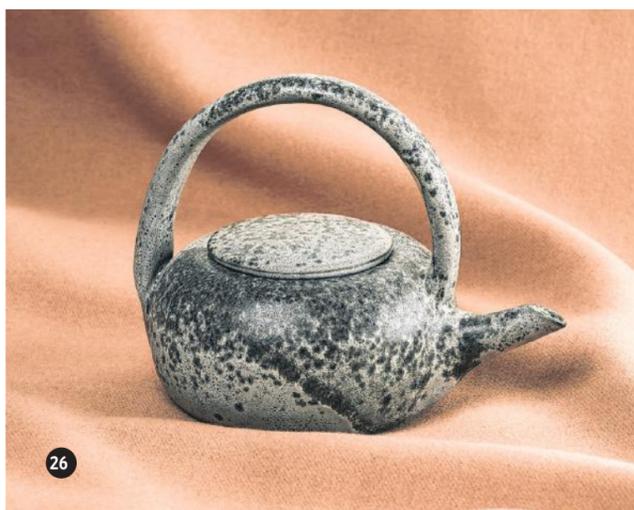
"I have a permanent memory of my grandparents' sofa bed," she said. "I can still feel where that bar hit my back. I always brace for it, but that's never the reality anymore, thank goodness."



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## Befriend Fronds

"Research has shown that even indirect elements of nature help reduce stress, blood pressure and heart rate," said Paula Taylor, a stylist at British wallpaper purveyor Graham and Brown. This particular pattern takes a brooding forest-canopy approach to botanicals. "Green is a calming, natural healer, and the paper's dark moodiness promotes tranquility," suggested Ms. Taylor. A gender-neutral floral, the modern, large-scale print will hush any bedroom, be it master or guest. Midsummer Fern in Black, \$140 a 10-meter roll, [grahambrown.com/us](#)



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## Brew Strangely

Coffee may fuel the morning, but evening—with its powering-down routines—should belong to tea. Chamomile, valerian and peppermint are among the herbal varieties touted for their calming properties, and they seem even more legendary if brewed in a vessel that appears hoary enough to have helped the ancients nod off. This unique ceramic teapot, hand-forged in Den-

mark and finished with multiple layers of a deeply pigmented glaze, blends Nordic and Japanese grace and utility. "There's a weight and sturdiness to it that makes it pour in a beautifully balanced way," said Robin Standefer, co-founder of the Roman and Williams design firm in New York, which sells the pot. "There's something very comforting about touching it." Behold, a good night's steep. KH Wurtz Medium Teapot, \$325, [rwguild.com](#)



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## Skip the Sleeping Pills

The boastful labels of some lavender-scented products would have you believe they work as well as Ambien. And while those claims are exaggerations, many doctors do acknowledge the aromatic plant's limited somniferous powers. So slip these colorful linen sachets, infused with lavender essential oils, under your pillowcase or in a drawer with your pajamas before you aspire to retire. They're affordable, chic and, best of all, don't require a trip through deserted streets to the pharmacy. Dot and Army Lavender Sachets, \$25 for four, [food52.com](#)

## Wind Down With a Windy Scent

Get the soothingly nostalgic smell of air-dried sheets without the equally old-fashioned hassle of lugging wet laundry outside. House of Morrison's Denise Morrison said she crafted the Clean Cotton Spring Candle to evoke "that feeling of sliding into a freshly made bed after the sheets have been drying on the clothesline in the

countryside." To nail that unique aroma, she fused fragrances that her hypothetical line-dried linens might absorb: lemon, lime, jasmine, lily and "clean ozone," which she calls "the smell in the air just after the rain." Light one up if your own sheets were merely tumble-dried. \$30 for 12 ounce candle, [houseofmorrison.com](#)



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THE OFF DUTY SLEEP ISSUE | DESIGN & DECORATING

# Spread Some Alterna-Sheets

Bedding of materials such as hemp and eucalyptus might be eco-conscious, but what's it like to sleep on?



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By SARAH KARNASIEWICZ

**I**'VE ALWAYS been devoted to simple cotton sheets. But as consumers have demanded eco-friendly and ethically produced textiles, I've grown curious what bedding companies are dreaming up. "They're doing everything from experimenting with dyes made from food waste to exploring recycled ocean plastic," said Jennifer Marks, editor in chief of Home Textiles Today.

Existing alternatives to cotton, like scratchy-looking hemp and smooth bamboo, are radical enough for me, thank you. I spent a week testing five sets of sheets: a premium cotton percale plus four made from braver, less-ordinary materials. My conclusions were somewhat mixed.

**A. THE SPORTY ROUTE**  
Pottery Barn SleepSmart 37.5 Cotton Sheet Set

The calibrated mix of cotton and performance fabric (aka polyester) is meant to keep your bed at a restful 37.5 degrees Celsius (99.5 F.) all night.

**Wear and care** These sheets are virtually wrinkle-proof, even after laundering.

**Slumber-friendliness** They did satisfy my human furnace of a husband, but I felt like I was curling up in my kinda shiny workout clothes.

**Morning-after assessment** If overheating plagues you, these might be the answer. But if you don't want polyester in your bedroom, you'll want to keep shopping. \$179 for queen set, potterybarn.com

**B. THE CLASSIC COTTON**  
Parachute Percale

A timeless white sheet set, with the luxe-levels turned up just a bit thanks to the use of 100% smooth, handpicked Egyptian cotton from the Nile River Valley.

**Wear and care** No special instructions for washing and drying, but neatniks, beware: They wrinkle easily, so prepare to embrace the "lived in" look.

**Slumber-friendliness** Crisp and soft like fine hotel sheets; lightweight enough to please even my sweaty spouse.

**Morning-after assessment** Like a smart white button-down, these will get softer with age and never go out of style. \$209 for queen set, parachutehome.com

**C. THE ECO-WARRIOR**  
Buffy Eucalyptus Sheets

The company uses only natural dyes (like indigo, turmeric and walnut), and eucalyptus requires 10 times less water to grow than cotton.

**Wear and care** The sheets were soft and smooth—indeed, borderline lubricious—right out of the package. But they got fluffier (and remained wrinkle-free) after just one wash.

**Slumber-friendliness** Cuddly yet not cloying. In indigo, reminded me of curling up with my softest chambray shirt.

**Morning-after assessment** As a fan of natural fibers, I was initially put off by the slick finish. But that changed with a couple washes. \$200 for queen set, buffy.co

**D. THE STARMAKER**  
Cariloha Resort Bamboo Bed Sheets

Bamboo is touted as fast-growing, highly renewable, and naturally odor- and allergy-resistant.

**Wear and care** These satiny sheets sure look fancy, but the bamboo-rayon fabric needs no special treatment.

**Slumber-friendliness** My radiators were working overtime, but the set's buttery touch felt cool on my skin. Though I'm a pajama gal, they may be a slam dunk for folks who sleep in the raw.

**Morning-after assessment** Their silky texture made me feel like a movie star every time I crawled into bed. \$239 for queen set, cariloha.com

**E. THE GREEN GODDESS**  
Delilah Home 100% Hemp Bed Sheets

Hemp—one of the oldest textiles—may conjure Deadheads and Renaissance faires, but Delilah Home is out to prove it can be luxurious.

**Wear and care** The instructions suggest line drying, but please. I chucked these sheets in the dryer. They'd appeared rough, but after laundering they hit a delightful balance between textured and soft.

**Slumber-friendliness** Like a heavy linen's, their heft was cozy and reassuring.

**Morning-after assessment** As a fan of the tussled, rustic look, I'm a convert. Worth the splurge. \$500, for queen set delilahhome.com

## My Best Sleep Ever

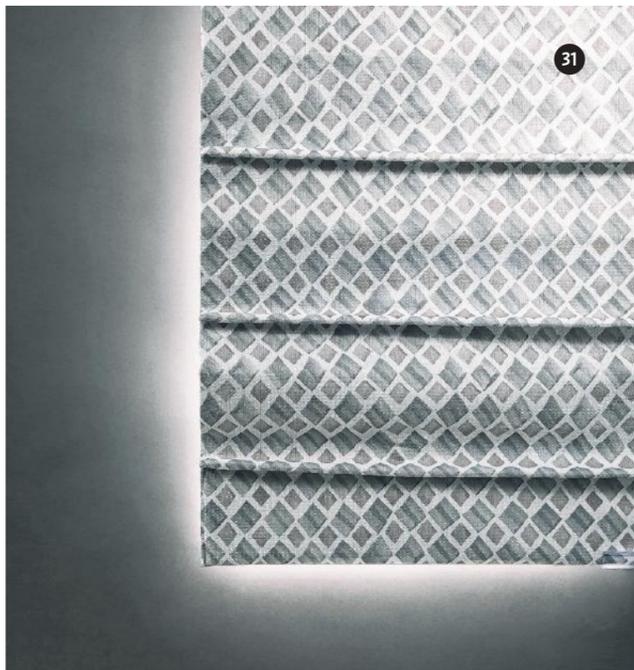
Fifteen years ago I was sourcing batik in Southeast Asia and made it to a very private cove on a remote island called Ko Pha Ngan, in Thailand. There were no phones, electricity, hot water, no metal, no glass. The little huts were thatch. We were supposed to stay three days, but we cleared our calendars and stayed for 15 because I was getting the best sleep of my life!



**SERENA DUGAN**  
artist, textile designer  
and co-founder of  
Serena & Lily

## Sit, Stay, Sprawl

The Brittany Pet Sofa earns interspecies approval. Humans will like its trendy Midcentury Modern shape that comes in blue, green and mustard to match myriad décor. Dogs will enjoy its washable, stain-resistant linen upholstery and super thick cushions perfect for post-playtime naps. "We thought of it as a fun addition that combines humor and good design," said co-creator (with wife, Cortney) Robert Novogratz. "Don't dogs deserve good design too?" To their wolf ancestors' embarrassment and our delight, yes. From \$119, shopthenovogratz.com



## Shun the Sun

Do bland blackout shades block unwanted light? Sure, but the aesthetics are a snore when your eyes are wide open. Now there's no need to sacrifice style for a sleep-in: Brooklyn textile designer Rebecca Atwood has partnered with Hunter Douglas on a collection of 43 window fabrics—all available in room-

darkening options—with fresh, modern patterns (think organic and geometric prints, painterly stripes and unfussy florals). "They're meant to be calm and livable but also have personality," Ms. Atwood said. "Blinds are functional, but they can also bring a lot to the mix." Design Studio Roman Shade (36 inches by 72 inches), from \$633, hunterdouglas.com

## Weight It Out

Since the late 1980s, scientists have reported the stress-reducing benefits of Deep Pressure Touch—like that offered by weighted blankets. That's meant 30 years of blandly therapeutic throws, but Kathrin Hamm, founder of manufacturer Bearaby, wasn't content to lie in a bed others had made. Composed of many layers of hardwood pulp (most paper comes from softwood pulp), the heavy yarn of the Tree Napper is inviting to the touch and comes in peaceful shades like Milky Way (shown) and lavender. Made without plastic or glass beads (typical sources of weight), the blanket breathes, so you can ride out this sheltering-at-home without overheating. From \$249, bearaby.com



## Try a Rest Development

The bad news: Taking a siesta on fluffy cumulus clouds isn't physically possible. The good news: Roche Bobois offers the next best thing with its Parcours Lounge Chair. Designer Sacha Lalic crafted the stylish seat using high-resiliency foam, a soft-but-sturdy material that contours to the body while offering plenty of support. With its blend of formal tufting and sleek piping, the chaise looks almost too nice to snooze on. Do it anyway. From \$5,050 with pillow, Roche Bobois, 212-889-0700