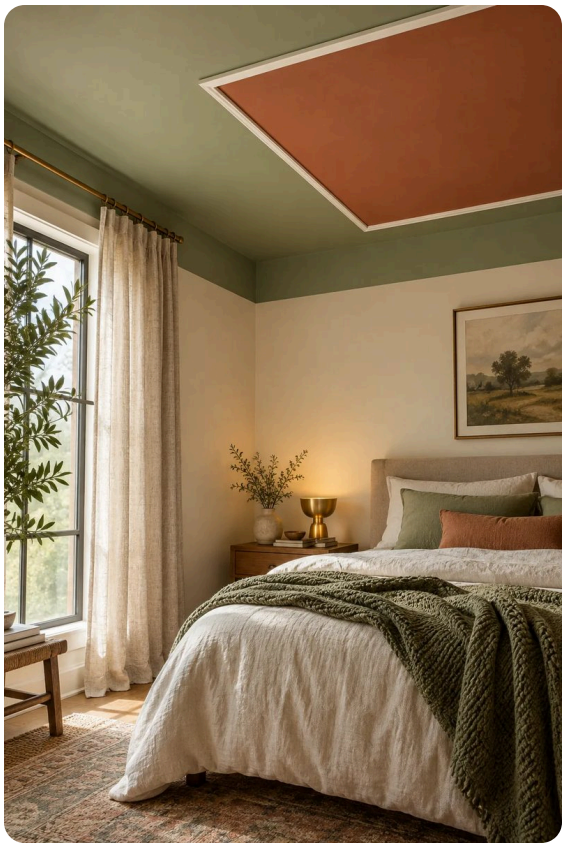
Over-Bed Ceiling Panel Sizing

Map, measure, and paint a perfectly scaled architectural canopy over your bed.

Transform your bedroom into a restful sanctuary by dropping the ceiling color down the walls and framing a grounding focal point. Use this sizing sheet to plan your perfect overhead canopy.



Key Design Specs

20 cm
Ceiling color dip down the walls

40 cm
Panel extension past bed all sides

1 cm
Paint inner color under the trim

Dead-flat
Sheen for the main ceiling field

2700K
Uplight bulb for the nightstand lamp

Save Your Arms

Pre-paint all of your ceiling trim white on the ground before nailing it up to save hours of exhausting overhead cutting-in against your fresh paint.

Installing Your Ceiling Panel

1. **Map the Perimeter** Use a laser level to mark the wall drop and seal tape with base wall color.
2. **Prep the Drywall** Patch imperfections, apply high-hide primer, and skim-coat heavy textures inside the panel footprint.
3. **Paint the Ceiling** Roll the sage field, then apply the terracotta inner panel using a premium microfiber roller.
4. **Install the Trim** Secure lightweight polyurethane molding with construction adhesive and brad nails, then caulk the edges.

Panel Dimensions By Bed Size

Find your row: **Your mattress size**

Your mattress size	Your pick	Why
Twin	179x231 cm, 8.2 m molding	Provides essential visual breathing room
Full	217x231 cm, 9.0 m molding	Provides essential visual breathing room
Queen	233x243 cm, 9.5 m molding	Provides essential visual breathing room
King	273x243 cm, 10.3 m molding	Provides essential visual breathing room

Site Checks Before You Paint

- [ ] Measure down from corners in multiple spots to account for house settling.
- [ ] Test paint swatches overhead; colors appear much darker on horizontal planes.
- [ ] Observe sunlight patterns to shift the panel away from harsh glare.
- [ ] Align the panel strictly with the mattress if the bed sits off-center.
- [ ] Calculate exact square footage of dimensions to buy correct paint quantities.

Project Notes

Enjoy waking up under a beautifully balanced canopy that grounds your resting space!