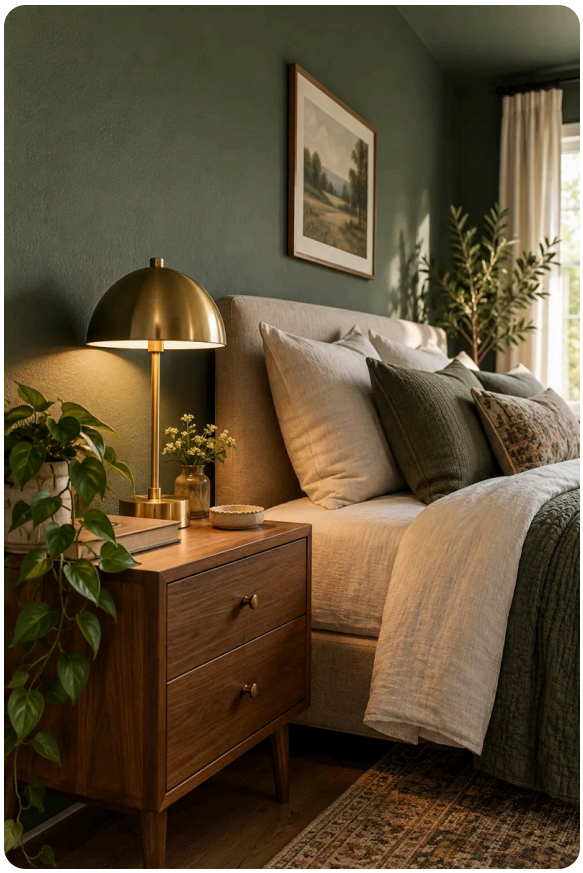
Bedroom Paint LRV & Finish Chart

Find your perfect moody shade for a deeply soothing retreat.

Balance dark wall colors with warm woods so the room feels intentional and restful. Use this system to match your desired mood with the right sheen.



Key Bedroom Color Targets

Under 40
Target LRV for a quiet atmosphere

2700K
Bulb temperature to test paint undertones

3
Varying fabric textures for layered bedding

1
Subtly patterned element for visual breaks

Wrap Paint to the Ceiling

Erase the high-contrast white boundary line by continuing dark wall paint overhead. This color-drenching technique makes the bedroom feel taller and significantly more enveloping.

Testing Paint Undertones

1. **Paint a board** Paint a large swatch on a movable piece of foam board rather than your existing wall.
2. **Prep the lighting** Turn off all overhead daylight bulbs and rely entirely on your bedside lamps.
3. **Test the glow** Install the warm testing bulb and place the painted board directly in its glow.
4. **Observe at night** Check the swatch at night to confirm the undertones remain rich and soothing.

Paint LRV & Finish Chart

Find your row: **Paint chip LRV**

Paint chip LRV	Your pick	Why
10 to 15	Flat/Matte wall, Satin trim	Dramatic and deeply enveloping
16 to 20	Matte wall, Satin/Semi-gloss	Rich and traditionally moody
21 to 29	Matte/Eggshell wall, Satin trim	Balanced earthy retreat
30 to 39	Eggshell wall, Semi-gloss trim	Softly shaded and cozy

Before You Buy Paint

- ○ Evaluate how the sun moves through your bedroom windows during the day.
- ○ Locate the exact LRV number on the back of a paint chip.
- ○ Check technical specifications on the manufacturer's website before buying sample pots.
- ○ Adjust target LRV based on when you spend waking hours inside.

Coordinating Your Room

- ☐ Match nightstand wood undertones to the paint's temperature.
- ☐ Repeat the wall undertone in layered pillows and duvet.
- ☐ Use a desaturated, lighter version of walls for bedding.
- ☐ Include varying fabric textures like linen, velvet, and knits.
- ☐ Add a subtly patterned element to break up color blocks.
- ☐ Verify accent pillow undertones match the dark wall temperature.
- ☐ Choose accent tones like terracotta or mustard for visual relief.

Room Notes & Swatches

Enjoy creating your beautifully grounded, restful retreat—sleep well!