

Bedroom Paint Color Cheat Sheet

Design a perfectly moody, restful retreat with the right finishes.

Achieving a serene, designer-quality space goes beyond picking a dark swatch. Use this guide to find the ideal finishes and light reflectance values for your specific room.

● The Insider Specs

< 50

Target LRV (adjust for light exposure)

2700K

Bulbs for testing evening ambiance

100%

Acrylic matte finish for primary walls

Satin

Finish for trim and interior doors

25%

Wall color tint for flat ceilings

Test at night

Paint a separate two-foot white poster board and prop it behind an illuminated lamp at 8:00 PM to verify the warm undertones remain rich and comforting.



● Adjusting for Natural Light

Find your row: **Window direction**

Window direction	Your pick	Why
North-facing	LRV closer to 45	Cool indirect light darkens paint
South-facing	LRV as low as 10	Bright light handles dark shades

● Before You Paint

- Move your painted sample board around the room throughout the day.
- Check how warm hardwood floors cast yellow light upward onto samples.
- Install your evening bulbs in fixtures before evaluating swatches.
- Use a gray-tinted primer to prevent old wall colors from bleeding.

● Styling Your Moody Space

- ☐ Incorporate high-LRV textiles like cream linen sheets and plush rugs.
- ☐ Layer a heavy sage green waffle blanket over crisp percale.
- ☐ Add multiple low-wattage light sources at different room heights.
- ☐ Introduce warm metallics like aged brass fixtures for subtle reflection.
- ☐ Include rich wood tones like solid walnut for vital warmth.

● Project Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Enjoy your perfectly curated, designer-quality retreat at the end of a long day!