

# Calm Bedroom Swatch Test Sheet

Test, score, and select a restful, sleep-friendly wall color.

Use the sleeper-twin method to find your perfect low-chroma shade. Follow these steps to evaluate your top contenders side-by-side for absolute visual quiet.

## ● Key Color Targets

**50–60**

LRV target for cozy bedroom walls

**50%**

Ceiling tint ratio of wall color

**2700K**

Lamp temp for evening re-test

**2**

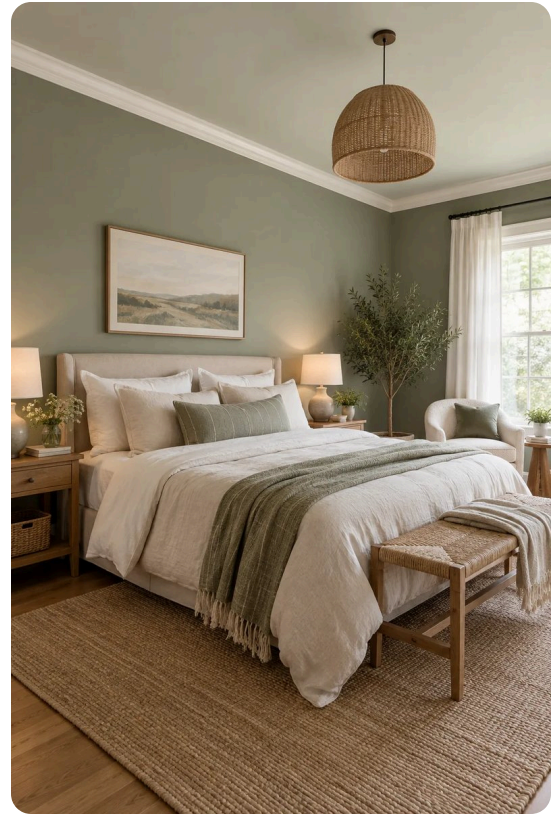
Thick paint coats on poster board

**3 Days**

Time to live with test boards

*Pick the one too grey*

*Find your favorite initial paint chip, then select the slightly duller twin next to it. This muted shade recedes softly, preventing visual overload across large bedroom walls.*



## ● The Side-by-Side Swatch Test

- 1 **Prep the boards** Paint two thick coats on large poster boards, leaving a wide white primer border.
- 2 **Check morning light** Move boards from the bright window to the darkest opposite corner to expose undertones.
- 3 **Score the evening glow** Turn off overheads and evaluate under a warm bedside lamp to ensure it remains soothing.
- 4 **Trust morning instincts** After three full days, pick the shade that feels instantly relaxing upon waking.

## ● Adjust for Your Light

Find your row: **Window Direction**

| Window Direction | Your pick               | Why                                       |
|------------------|-------------------------|-------------------------------------------|
| South-facing     | Cooler, greyer base     | Intense sunlight amplifies yellow and red |
| North-facing     | Warm green or taupe     | Counteracts the persistent icy blue cast  |
| Mixed or unknown | Match existing textiles | Pull dominant threads from favorite decor |

## ● Sheen & Surface Checks

- Verify walls are a matte finish so they glow soft.
- Check trim and interior doors for a creamy satin finish.
- Look at the back of the paint chip for LRV.
- Observe the boards at the edge of artificial light shadows.

## ● My Swatch Scores

Enjoy your beautifully restful sanctuary, and sleep well in your newly grounded space!