Dark Room Contrast & Lighting Guide

Perfectly illuminate and balance your moody teal retreat.

Transform your bedroom into a cozy, sophisticated sanctuary without it feeling like a cave. Use this guide to balance deep color, strategic lighting, and warm textures.



Key Lighting & Layout Specs

300-400 lumens
Per square meter of room area

2700K-3000K
Inviting LED bulb color temperature

84 in
Min. overhead fixture height from floor

4-6 in
Curtain rod drop below the ceiling

50% lighter
Ceiling paint tint compared to walls

45 degrees
Angle for accent lighting toward artwork

18-24 in
Rug extension based on bed size

Signature Dark Room Elements

1. **Grey primer base coat** Tint to a 40 percent grey value to reduce expensive topcoats from three to two.
2. **Drenched trim & doors** Paint baseboards and casings the exact same teal in a satin or semi-gloss finish.
3. **Brass-lined shade** Mount task lights 30 to 36 inches above your specific mattress to reflect a golden glow.
4. **Amber linen layers** Drape a rust-colored throw over crisp white base bedding to add tactile softness and warmth.

Care For Your Layers

Wash your linen throws in cold water with a gentle detergent and always air dry them to maintain the rich amber dye and natural texture.

Choose Your Linen Weight

Find your row: **Your current season**

Your current season	Your pick	Why
Summer	Lightweight linen	Crisp, breezy, subtle texture
Spring or Fall	Midweight linen	Soft, relaxed, balanced contrast
Winter	Heavyweight linen	Structured, cozy, high dimension

Before You Paint Or Drill

- ○ Assess how window natural light exposure alters blue-green paint undertones.
- ○ Calculate total room square footage to establish your baseline lumen requirement.
- ○ Verify distinct light sources operate on separate, high-quality dimmer switches.
- ○ Check fixture packaging for correct dimmer compatibility and safe wattage ratings.

Styling & Contrast Elements

- ☐ Matte or eggshell finish for your primary bedroom walls.
- ☐ Crisp white or cream base linens to reflect ambient light.
- ☐ Oversized square Euro shams placed in front of sleeping pillows.
- ☐ Mid-tone wood furniture like walnut or white oak.
- ☐ Large floor mirror positioned opposite the primary window.
- ☐ Unlacquered brass hardware to match your bedside sconces.
- ☐ Battery-operated picture light to illuminate dark room corners.

Room Measurements & Notes

Enjoy your beautifully balanced, perfectly illuminated dark teal sanctuary!