

Bedroom Spacing Measurement Cheat Sheet

Standard baseline measurements for a balanced, restful primary bedroom layout.

Establish a functional baseline before moving any heavy furniture. These standard spatial allowances help turn any footprint into a relaxing retreat.

● Key Baseline Measurements

2 in below ceiling

Curtain rod faking maximum architectural height

60 in from floor

Sconce height for reading sitting up

2-inch gap

Gap preventing heavy bedding from bunching

24 in down from wall

Rug placement keeping nightstands safely leveled

24 to 28 in high

Ergonomic mattress and bed frame elevation

57 in above floor

Center point for hanging bedside art

12 in from corner

Floor mirror placement reflecting window light

8 ft above floor

Ceiling fan drop for safe circulation



The Luxury Bedding Secret

Fake luxury by stuffing a double duvet insert into a single cover. It creates a plush, high-end hotel aesthetic right at the foot of the bed.

● Clearance Zones For Your Space

Find your row: **Room Area**

Room Area	Your pick	Why
Alongside bed sides	24 to 30 inches	Comfortably making the bed daily
Foot or closet approach	36 to 42 inches	Clear main thoroughfare movement
Main dresser front	36 to 48 inches	Fully extending drawers for laundry
Room entry door	32 to 36 inches	Unobstructed door swing path

● Measure Before You Buy

- ☐ Size headboards exactly four inches wider than the mattress on each side.
- ☐ Select a footboard bench six to eight inches narrower than the mattress.
- ☐ Check window depth for a 1/4-inch inside-mount blackout shade deduction.
- ☐ Ensure your chandelier centers perfectly over the lower third of the bed.
- ☐ Verify table lamps measure 28 to 32 inches tall for bedside reading.

● Room Notes & Measurements

Enjoy styling your perfectly balanced, restful retreat without the heavy lifting guesswork!