

The Navy Drench Plan

Confidently select sheens, bulbs, and warm lighting for a cozy bedroom embrace.

Transform your stark white box into a cozy midnight hug with perfectly balanced undertones and warm lighting. Use this guide to assign the correct sheen to every surface and layer fixtures that flatter your space.

● Key Bedroom Values

50% strength

Ceiling navy, mixed from wall color

2200K–2700K

Brass sconce bulbs for warm glow

30 inches

Sconce height above your mattress

2 coats

Navy over gray-tinted primer foundation

Mirror Facing Window

Place a large leaning mirror directly opposite your window to bounce morning daylight back into the space, preventing a cavernous feel and illuminating the subtle red undertones.



● 3-Swatch Undertone Test Sequence

- 1 Morning Daylight** Read the painted swatch in cool, crisp morning light to observe the base color.
- 2 Noon Brightness** Check the color when natural light is brightest to spot warm red or plum tones.
- 3 Nighttime Lamp Light** Observe under warm artificial light to ensure the hue avoids turning a muddy green.

● Sheen-Per-Surface Chart

Find your row: **Surface to paint**

Surface to paint	Your pick	Why
Walls	Eggshell	Hides minor drywall imperfections
Trim & Casings	Satin (same navy)	Adds subtle architectural definition
Ceiling	Flat	Minimizes harsh light glare
Interior Door	Semi-Gloss	Resists daily scuffs and wear

● Bulb & Lamp Shopping List

- ☐ Plug-in swing-arm brass wall sconces
- ☐ Warm light bulbs (check packaging for K-rating)
- ☐ Large leaning floor mirror
- ☐ Nightstands matching your mattress height
- ☐ Gray-tinted primer for deep color foundation

● Spatial Alignment Checks

- Center the bed exactly between the brass wall sconces.
- Match nightstand surface heights to the top of your mattress.
- Align the top of the floor mirror with your window frame.

● Room Measurements & Notes

Enjoy your beautifully grounded, deeply relaxing new bedroom retreat!