Winter bedding: what goes where?

Read the full guide before you begin. Use this worksheet to record your own measurements, quantities and choices.

SUPPLIES TO CHECK

Correct-size sheets, blanket if desired, duvet and cover if used, mattress-depth measurement

01 PLAN

Measure the mattress length, width and depth, including any topper. Check the fitted sheet pocket specification against that total depth. A set title alone does not establish a secure fit.

02 DETAILS

Use the fitted sheet first. Add a flat sheet if you use one, then a blanket or duvet arrangement appropriate to your room and comfort. A duvet insert and its cover are separate items unless explicitly included.

03 FINAL CHECK

Adjust the layers based on comfort rather than assuming more layers are always better. Follow every fabric's care label. This guide is for adult bedding layouts, not infant sleep arrangements or a warmth rating for a specific sheet set.

MY MEASUREMENTS / QUANTITIES / CHANGES