

# Elective – Interior Design

Home Design and Management

Designing the Home Interior

Ms. Teeling, Home Economics



# Factors that Affect the Interior Design of a Room

- Cost
- Family size
- Function
- Comfort
- Environmental awareness
- Aesthetics
- Ergonomics
- Special needs

# Factors that Affect the Interior Design of a Room

## Function

- Affects the choice of materials and furnishing
- Kitchen/ Bathroom vs Living Room/ Bedroom

## Cost

- Affects choice of materials, finishes, furnishing
- Best quality for what you can afford

## Comfort

- The room should be comfortable
- Kitchen: Space
- Living Room: Comfortable flooring, furnishing
- Comfortable heat and lighting

# Factors that Affect the Interior Design of a Room

## Family Size and Function

- the size and stage of family will influence interior design
- Large family – large living and sleeping space
- Young family – Durable finishes, storage

## Environmental Awareness

- Use of environmentally friendly materials (Local stone and Timber)
- Heating and lighting

## Ergonomics

- Planning rooms for ease of movement – location of furnishing
- Work triangle
- Choosing surfaces – easy to clean

# Factors that Affect the Interior Design of a Room

## Aesthetics

- Interior design is influenced by personal taste
- Current trends

## Special needs

- Room layouts – ease of movement – open plan
- Hand rails, influence height of surfaces, light switches, sockets etc.

# Elements of Design

## Designing the Home Interior



# Elements of Design

**There are three elements of design**

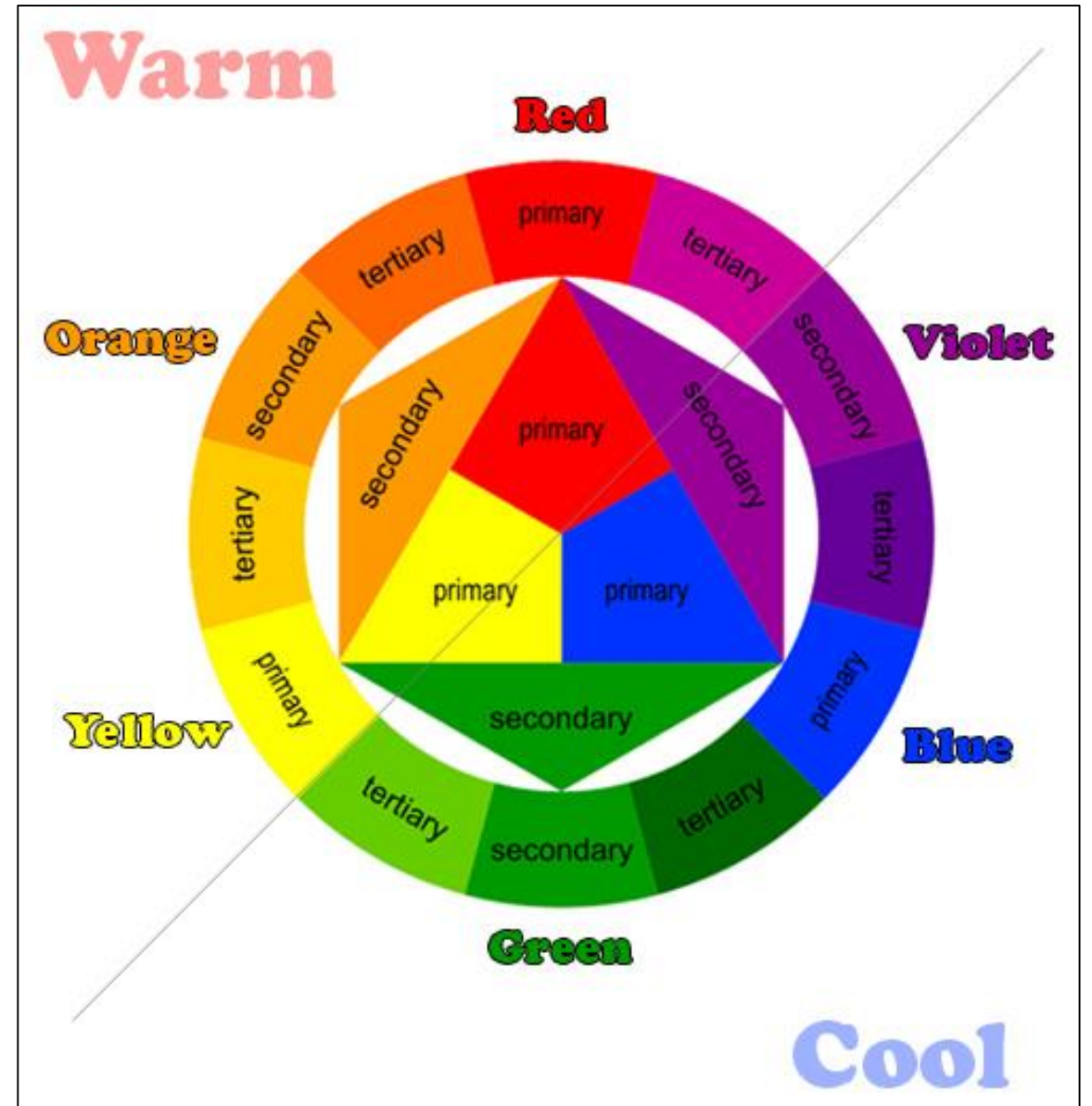
1. Colour
2. Texture
3. Pattern

# 1. Colour

**Colour Scheme** = The arrangement of colours in a room

**Complementary Colours**= Colours opposite each other on the colour wheel

**Harmonious Colours**= Colours beside each other on the colour wheel





# 1. Colour

## Benefits of colour:

- Prevents spaces from being bland
- Can draw attention to a wall – feature wall
- Make a room feel warm and cosy (warm colours)
- Make a room feel cool and relaxing (cool colours)
- Make a space feel bigger (Light Colours)
- Can alter the proportions of a room
- Express a person's personality (red for a person's favourite team)



# Factors to consider when choosing colour

## Function of the room

- Pastels = Relaxing atmosphere
- Warm colours = Warm and cosy
- Bright colours = Energetic

## Size of the room

- Colour can alter the proportions of a room
- Light colours reflect light - Bigger
- Dark colours absorb light - Smaller
- A light colour on the ceiling makes the ceiling appear higher.

## Aspect

- North facing rooms can be cold with little natural light – use warm colours
- South facing rooms (natural light) – can be painted any colour

## Features

- Colour can be used to highlight/ Disguise features
- Feature wall - paint in a different colour to draw attention
- Radiator – paint the same colour as the wall

# How can colour be used to visually alter the proportions of a Room?

1. light colours – reflect light and make a room look bigger
2. Warm colours – make a large room feel smaller and cosy
3. Pastels – create a restful and relaxing atmosphere.
4. A light colour on the ceiling – makes ceiling appear higher
5. A dark colour on the ceiling- makes the ceiling appear lower
6. Dark colours make objects seem nearer- a wall painted in a dark colour will be drawn into the room
7. Light colours make objects seem further away - a wall painted in a light colour will appear further away

# Guidelines for using pattern in the home

*Pattern adds variety and contrast to a room*

1. Pattern should be used carefully in interior design. Overuse of pattern can make a room look fussy and crowded.
2. Underuse can make a room look uninteresting and boring.
3. If using various patterns, link them in some way e.g. colour, texture
4. Use patterns in various scales e.g. large patterns for large areas (floor) and smaller patterns on small areas (e.g. cushions)

## Examples of pattern



Vertical  
stripe



Horizontal  
stripe



Geometric



Polka  
dot



Floral



Check









# Guidelines for using Texture in the home

*Texture refers to the feel or touch of an object/ surface*

- A variety of texture adds interest/ variety to a room
- Smooth surfaces are usually cold to touch and easy to clean – e.g. tiles, mirrors, glass
- Rough surfaces are usually warm and cosy and help absorb sound –e.g. carpets, upholstery
- Textures affect how colours are received – matt surfaces absorb light and make colours appear darker







# Principles of Design

## Balance

Having the correct proportion of colour, texture and pattern in a room – no one should dominate

The colours, textures and pattern should work in harmony with each other







# Emphasis

Involves drawing attention to a particular feature. This may be achieved by:

- Using colour and lighting – feature wall
- Arranging furniture to take advantage of a window with a view or around a fireplace
- Using pattern or texture for emphasis.



# Principles of Design

## Proportion

The choice of furniture must relate to the size of the room

1. **Size of furniture for the room size.** A small room cannot accommodate a lot of furniture. E.g. single bed is more suitable than a double bed in a small room.
2. **Quantity of furniture for the room size.** A small room cannot accommodate a lot of furniture.

*Also relates to pattern:*

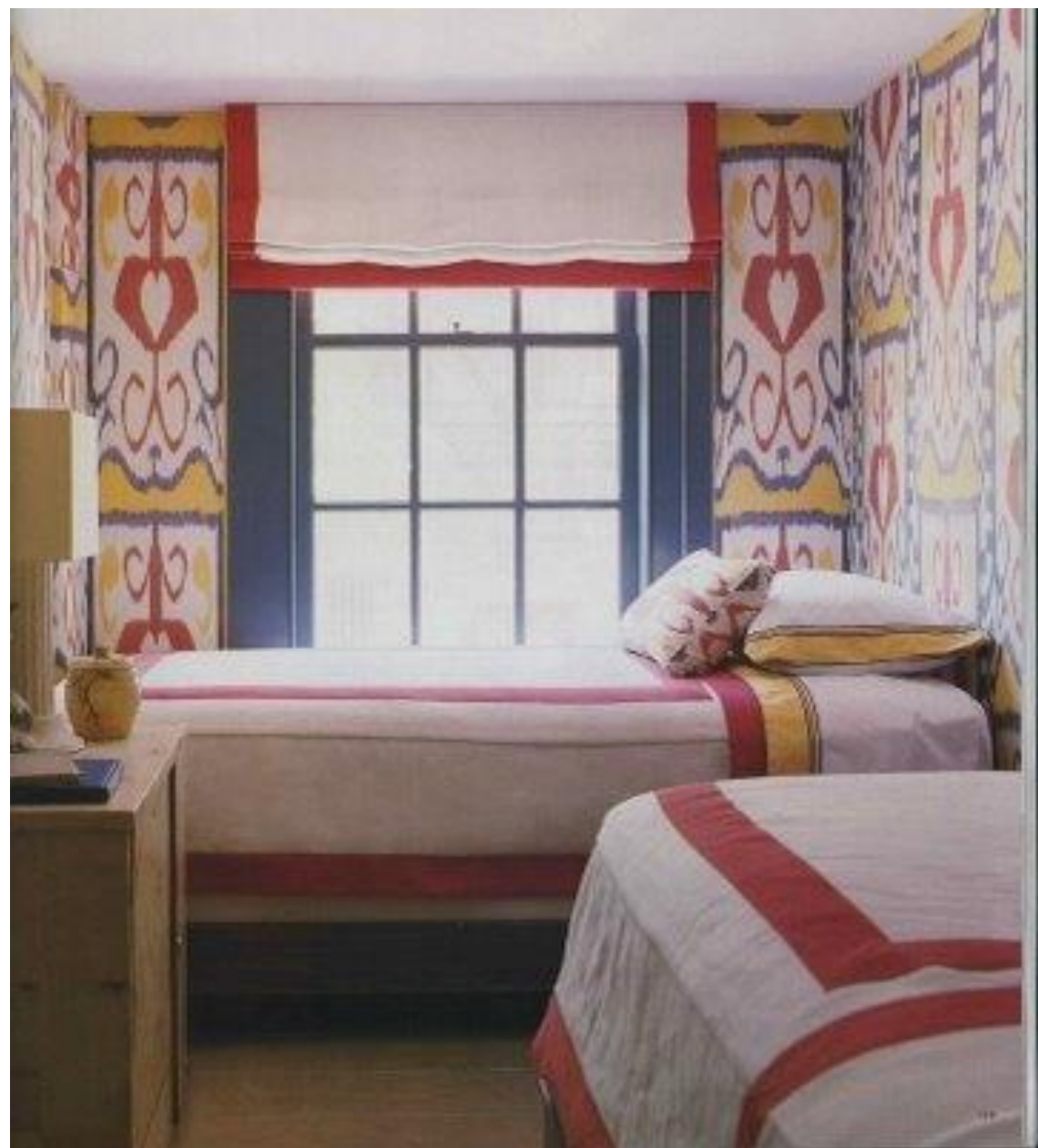
3. **Size of pattern** - printed, woven or textured. Use small patterns in small rooms, etc.

# Proportion?











# Principles of Design

## Rhythm

The repeated use of colour, pattern or texture in a room

**Connect different areas of the room:** e.g. having a similar colour scheme for walls, curtains, upholstery. Having similar pattern for curtains and cushion covers etc.





# Factors to consider when planning the interior of a house

## **Aesthetics:**

- When planning a room you want it to be aesthetically appealing (pleasing to the senses)
- Usually depend on personal tastes
- Link to colour schemes, patterns, furnishing, textures.
- What we consider aesthetically pleasing changes over time. It is important to choose trends that do not date quickly.

## **Ergonomics**

- Ergonomics is the study of peoples' efficiency in their working environment/ home.
- Rooms should allow for easy movement and accommodate the natural flow of traffic
- Spaces should be easy to clean
- Work triangle in the kitchen - can improve efficiency and work rate
- Design that allows minimum strain – appropriate height of sockets, light switches, work surfaces, seating, sinks etc.

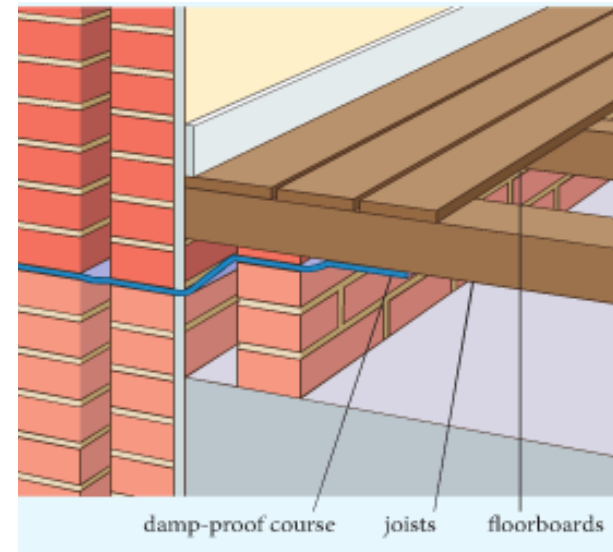
# Flooring & floor coverings

There are 2 main types of floor covering:

**Solid floors**



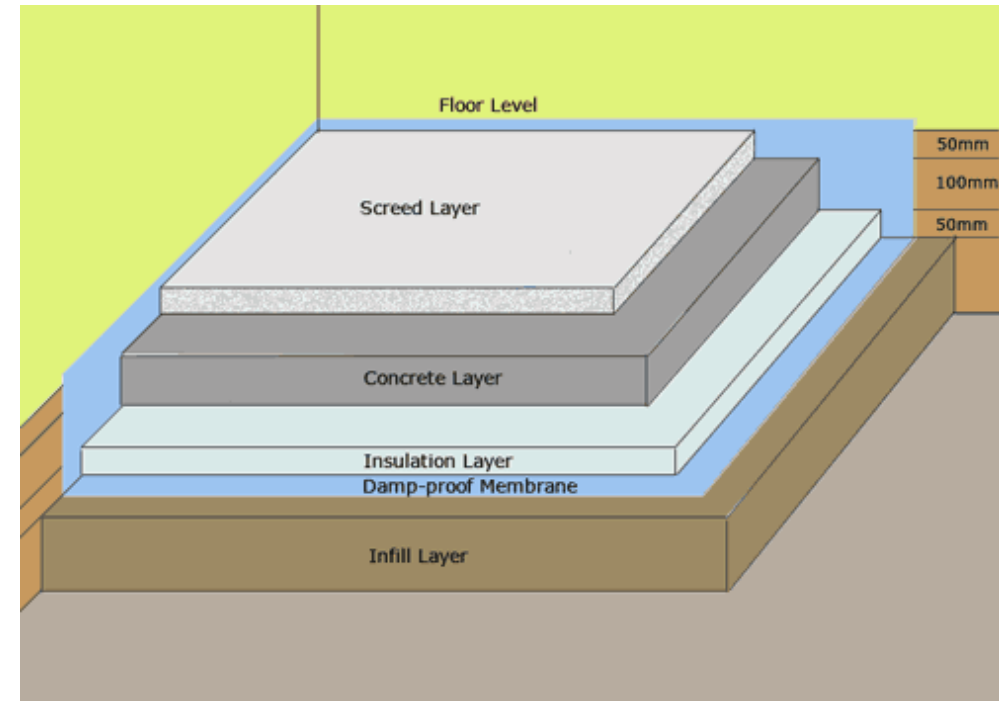
**Suspended floors**





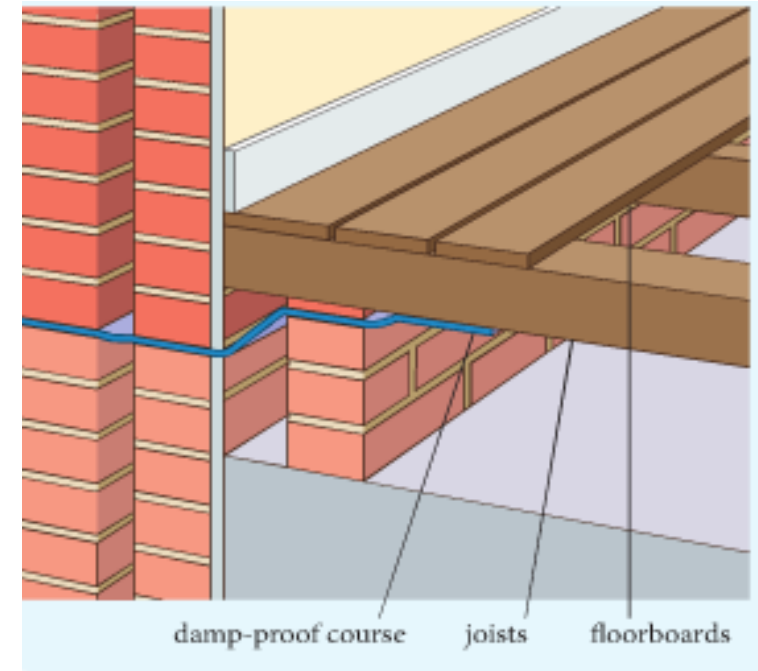
# Solid Floors

- Made of concrete
- Found on the ground floor of modern homes
- Also called a sub-floor
- Consists of a **hard core layer** + **concrete slab** on top. This is covered with a **damp-proof course** + **insulation**, then a final thin layer of **concrete**.



# Suspended floors

- Found on the **first floor** of a house
- Made of joists of wood which are covered with tongue-and-groove wooden planks
- There is some space beneath the wood to allow circulation of air → prevent dampness and dry rot. A **damp-proof course** can also be added
- Planks can be sanded and varnished → an inexpensive alternative to wooden floors



# Floor Coverings

Floor coverings are placed on top of solid floors or suspended floors

## Properties of floor coverings:

- Soft
- Hard
- Textured
- Warm
- Noisy
- Durable
- Expensive
- Cheap
- Absorbent
- Comfortable
- Resilient
- Cold






# Classification of floor coverings


Hard coverings	Soft coverings
<ul style="list-style-type: none"><li>• Tiles</li><li>• Slate</li><li>• Stone</li><li>• Wood</li><li>• Vinyl</li></ul>	<ul style="list-style-type: none"><li>• Carpets</li><li>• Rugs</li><li>• Coverings made from 100% natural fibres</li></ul>



# Hard flooring

Type	Use	Properties
<p>Ceramic tiles</p> 	<p>Kitchens, bathrooms, conservatories</p>	<ul style="list-style-type: none"><li>◆ Cold and hard under foot</li><li>◆ Glazed</li><li>◆ Expensive</li><li>◆ Durable</li><li>◆ Easy to maintain</li><li>◆ Wide variety of colours</li><li>◆ Need to be laid by specialist</li></ul>
<p>Terracotta tiles</p>	<p>Living rooms, kitchens, sun rooms</p>	<ul style="list-style-type: none"><li>◆ Unglazed</li><li>◆ Expensive</li><li>◆ Long lasting</li><li>◆ Chip and crack easily</li><li>◆ Natural colours such as orange and red</li><li>◆ Need to be laid by specialist</li></ul>
<p>Stone tiles</p>	<p>Kitchens, halls, living rooms, sun rooms</p>	<ul style="list-style-type: none"><li>◆ Easy to maintain if sealed</li><li>◆ Durable</li><li>◆ Expensive</li><li>◆ Cold underfoot</li><li>◆ Limited colours</li></ul>

# Wooden floors

Type	Properties	Uses
Solid	<ul style="list-style-type: none"><li>•Hard-wearing</li><li>•Expensive</li><li>•Easy to maintain</li><li>•Noisy</li><li>•Scratch easily</li></ul>	Hall, sitting room, dining room
Semi-solid	<ul style="list-style-type: none"><li>•Durable</li><li>•Easy to maintain</li><li>•Inexpensive</li><li>•Noisy</li></ul>	Bedroom, sitting room, study
Laminated	<ul style="list-style-type: none"><li>•Easy to lay</li><li>•Hard-wearing</li><li>•Scratch-resistant</li><li>•Cheap alternative to solid/semi-solid floors</li></ul>	Bedroom, playroom, sitting room, study
Block/Parquet 	<ul style="list-style-type: none"><li>•Labour intensive to lay</li><li>•Scratches easily</li><li>•Expensive</li><li>•Noisy</li></ul>	Hall, dining room, living room

## Vinyl floor coverings

Vinyl, made from PVC (poly**vinyl**chloride), is a plastic floor covering available as sheets or tiles

Properties	Uses
<ul style="list-style-type: none"><li>◆ Durable, easy to clean, hygienic, quiet, resilient, acid-, alkali- and water-resistant</li><li>◆ Wide variety of colours and designs</li><li>◆ Foam-backed vinyl is soft underfoot</li><li>◆ Non-slip</li><li>◆ Melt when subjected to high temperatures</li><li>◆ Available as individual tiles or in sheets</li></ul>	Kitchen, bathroom, shower room, utility room, play room, children's bedroom



# Soft flooring - Carpets

- There are 4 main types of carpets:
  1. **Woven**
  2. **Tufted**
  3. **Bonded**
  4. **Tiles**

**Will There Be Time?**



- When choosing a carpet, consider the following:  
function of the room, budget, durability of the carpet, existing colour scheme, maintenance required

Type		Properties	Uses
1. Woven		<ul style="list-style-type: none"> <li>•Durable</li> <li>•Expensive</li> <li>•Soft underfoot</li> <li>•Resilient</li> </ul>	Hall, sitting room, living room (suitable for hotels – large footfall)
2. Tufted		<ul style="list-style-type: none"> <li>•Made from synthetic fibres</li> <li>•Durable</li> <li>•Inexpensive</li> <li>•Soft underfoot</li> </ul>	Bedroom, study, dining area
3. Bonded		<ul style="list-style-type: none"> <li>•Durable</li> <li>•Inexpensive</li> <li>•Rough texture</li> </ul>	Playroom, bedroom, heavy traffic areas
4. Tiles		<ul style="list-style-type: none"> <li>•Easy to lay</li> <li>•Durable</li> <li>•Stain-resistant</li> <li>•Individual tiles can be replaced if damaged</li> </ul>	Kitchen, hall, schools



# Woven Carpets

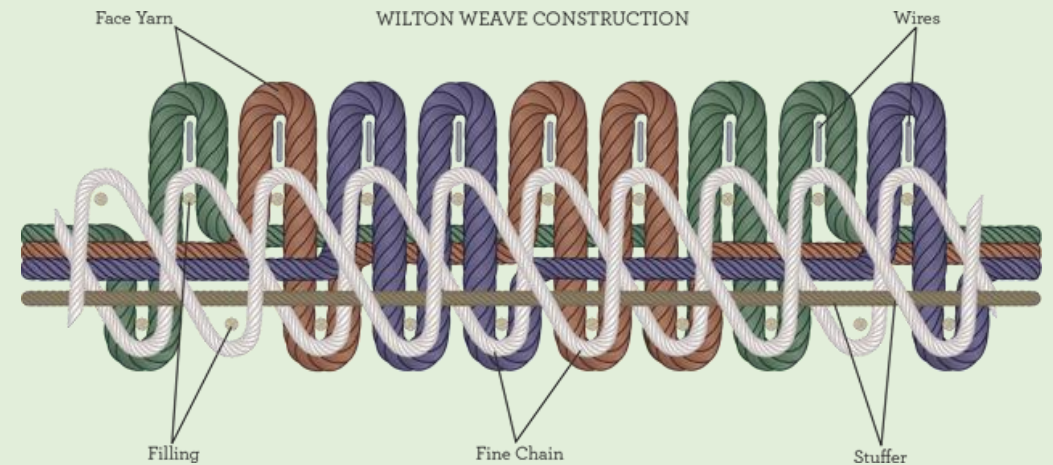
## Axminster weave

- Short fibres are woven into a backing of jute
- Fibres create the pile, which can be long or short, cut or uncut

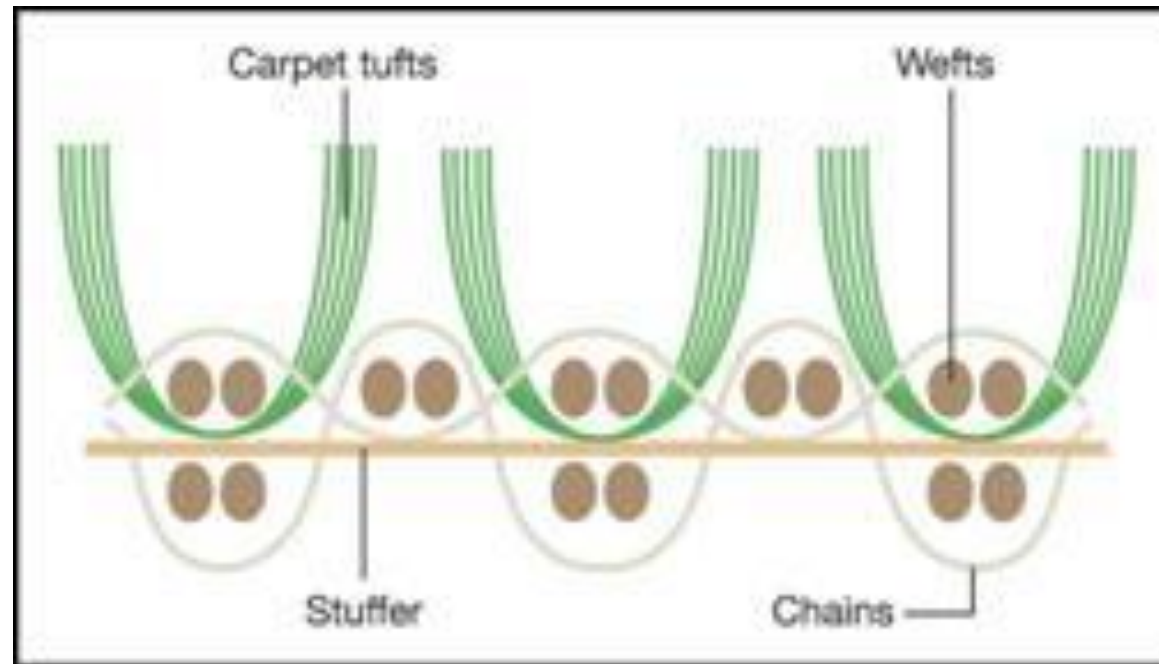


## Wilton weave

- Long fibres are woven in and out of a backing
- Each loop is cut to the desired length for the pile
- The loop can also remain uncut



Axminster or wilton weave?





# Fibres used to make carpets

Type of fibre	Example	Properties
Natural fibres	Wool	Warm, soft, durable, insulating, resilient, expensive
	Cotton	Hard-wearing, washable, inexpensive
Synthetic fibres	Nylon	Hard-wearing, build-up of static tension, good combination with wool
	Polyester	Soft, easy to clean, waterproof
	Acrylic	Warm, similar to wool in texture and appearance, durable, prone to pilling
Blended fibres Many carpets contain a blend of natural and synthetic fibres	80% wool/ 20% nylon	The most durable carpet Contains properties of both fibres

Carpets can be classified according to their durability:

Durability rating	Use	Features
Light domestic	Bedroom	Blended fibres, inexpensive
Medium domestic	Bedroom, study	Blended fibres, inexpensive
General domestic	Living room, sitting room	80/20 wool/nylon mix
Heavy domestic	Hall, stairs	80/20 wool/nylon mix, expensive



# Wall Finishes

## Criteria for selecting a wall covering:

<b>1. Function of the room</b>	
<b>2. Durability</b>	
<b>3. Ease of maintenance</b>	
<b>4. Cost</b>	
<b>5. Trends</b>	

# Types of wall coverings

1. **Paint**
2. **Wallpaper**
3. **Tiles**
4. Fabrics
5. Wood panelling
6. Stone
7. Glass



# 1. Paint

Paint can be classified in 2 ways:

Water-based	Oil/Solvent based
Emulsion paint	Gloss paint
Textured paint	Polyurethane / strengthened paint
Kitchen & Bathroom paint	Satin paint
Thixotropic paint	

## Different paint finishes:

- **Matt** → dull appearance to absorb the light
- **Silk** → shiny appearance and is washable
- **Eggshell** → flat appearance with a matt finish and is durable

Satin  
finish

**has a greater  
shine than**

Eggshell  
finish.

Buzzfile.com



# Water-based paint (ETKT)

Types	Properties	Uses
Emulsion paint	◆ Matt vinyl: absorbs light, hides blemishes	Ceiling, bedroom, living room
	◆ Silk vinyl: washable, hard-wearing, reflects light	Living room, bedroom, kitchen
Textured paint	<ul style="list-style-type: none"><li>◆ Contains plastic fibres which give a rough-textured finish</li><li>◆ Ideal for covering up blemishes</li><li>◆ Hard-wearing but has limited variety of colours</li></ul>	Ceiling, dining room
Kitchen and bathroom paint	<ul style="list-style-type: none"><li>◆ Contains vinyl, which makes it easy to maintain</li><li>◆ Anti-fungal and anti-condensation properties</li><li>◆ Ideal for use in high moisture areas</li><li>◆ Durable, water-resistant, easy to clean, good variety of colours, more expensive</li></ul>	Bathroom, kitchen, utility room, shower room, ensuite bathroom
Thixotropic emulsion	<ul style="list-style-type: none"><li>◆ Thick, non-drip emulsion</li><li>◆ No strong odour</li><li>◆ Quick drying</li><li>◆ One coat is usually enough</li><li>◆ Limited colours as the paint can't be mixed</li><li>◆ Durable, easy to apply</li></ul>	Ceilings



# Oil/solvent based paint (GPS)

Types	Properties	Uses
Gloss	<ul style="list-style-type: none"><li>◆ Hard-wearing, shiny finish, water-resistant, strong odour</li><li>◆ Unsuitable for areas with imperfections</li></ul>	Anything made from wood: skirting board, doors, stairs, etc.
Satin finish	<ul style="list-style-type: none"><li>◆ Durable, water-resistant, no undercoat required, longer drying time, strong odour</li><li>◆ Ideal for use in high moisture areas</li></ul>	Walls, doors, ceilings
Polyurethane/strengthened paint	<ul style="list-style-type: none"><li>◆ Extremely durable, ideal for areas of hard wear and tear</li><li>◆ Dries quickly so can be difficult to apply</li></ul>	Doors, skirting boards



## 2. Wallpaper

### **Properties of wallpaper:**

- Wide variety of colours and designs
- Thickness and finish can vary
- Vinyl/PVC (polyvinyl chloride) wallpapers are durable and washable
- Some wallpapers are pre-pasted – makes papering easier
- Raised/embossed wallpaper is suitable for older houses with uneven walls
- Wallpaper can provide all the elements of interior design in one – colour, pattern and texture



# Types of wallpaper

- lining paper,
- wood chip paper,
- printed paper,

- washable/PVS coated paper,
- vinyl coated paper,
- embossed paper

Type	Use
Lining paper	<ul style="list-style-type: none"><li>◆ Used to prepare a surface before wallpaper or paint is applied</li><li>◆ Hung horizontally</li><li>◆ Unattractive on its own</li></ul>
Wood chip paper	<ul style="list-style-type: none"><li>◆ Similar to lining paper – serves the same purpose</li><li>◆ Contains small fragments of wood, which gives a textured finish</li><li>◆ Ideal for covering up uneven walls but unattractive if used on its own</li><li>◆ Cheap and durable</li></ul>
Printed paper	<ul style="list-style-type: none"><li>◆ Most wallpaper falls into this category</li><li>◆ Paper can be machine or hand printed</li><li>◆ Design/pattern can be printed or stamped (cheaper) onto the paper</li><li>◆ Wide range of colours, design, thickness and prices</li><li>◆ Unsuitable for areas with high moisture content</li><li>◆ Used in bedrooms and living rooms</li></ul>

Type	Use
Washable/ PVC-coated paper	<ul style="list-style-type: none"> <li>◆ PVC coating allows the wallpaper to be washed</li> <li>◆ Won't withstand scrubbing</li> <li>◆ Limited amount of designs and colours</li> <li>◆ Easy to maintain and durable</li> <li>◆ Ideal in areas with high moisture content</li> <li>◆ Used in dining rooms, living rooms and playrooms</li> </ul>
Vinyl-coated paper	<ul style="list-style-type: none"> <li>◆ A layer of vinyl is first printed with a design and then a paper backing is applied.</li> <li>◆ Good choice of colours and designs</li> <li>◆ Durable, waterproof, strong, expensive, easy to apply</li> <li>◆ Used in kitchens, bathrooms and utility rooms</li> </ul>
Embossed paper	<ul style="list-style-type: none"> <li>◆ Design is pressed into the paper, creating a raised, textured finish</li> <li>◆ Can be painted over (this is called relief paper)</li> <li>◆ Used in sitting rooms, living rooms and bedrooms</li> </ul>

# 3. Wall tiles

## Properties of ceramic tiles

- ◆ Durable.
- ◆ Waterproof.
- ◆ Stain-resistant.
- ◆ Grease-resistant.
- ◆ Difficult to lay on walls.
- ◆ Available in an assortment of colours, designs, sizes and shapes.
- ◆ Good value for money.
- ◆ Ideal for use in bathrooms, kitchens, utility and shower rooms.



# Types of tiles

General purpose tiles

- ◆ Available plain or with a design

Mosaic tiles



- ◆ Small squares or circles of tiles which are difficult and time-consuming to lay
- ◆ Most modern mosaic tiles come in sheets, which is more convenient and saves time
- ◆ Used on bathroom walls

Different shapes

- ◆ Tiles are available in rectangle, hexagonal, diamond and cross shapes

Patterned tiles

- ◆ The pattern, e.g. fruit, animals or flowers, is raised and provides texture

Tile panels

- ◆ A set of tiles which forms a picture or design when put together
- ◆ It is generally surrounded by a plain tile border and used as a focal point in a kitchen or bathroom



# Furniture

## Factors to consider for buying furniture:

Function of the room	The use of the room will dictate the type and quality of the furniture, as the furniture used needs to meet the requirements of, e.g., a dining room
Cost	The budget available will influence the quality and amount of furniture. Furniture which will receive a lot of wear and tear, e.g. sofas, should be of good quality and the best a person can afford
Quality	The quality and craftsmanship of the furniture will be influenced by the type of wood used
Construction	Regardless of price, furniture should be well made and safe to use
Space	The size of the room will determine the size of the furniture. The furniture chosen should be in proportion to the size of the room
Décor	The furniture will have to complement the design in the rest of the room
Personal preferences	The likes and dislikes of an individual will influence the type of furniture they buy

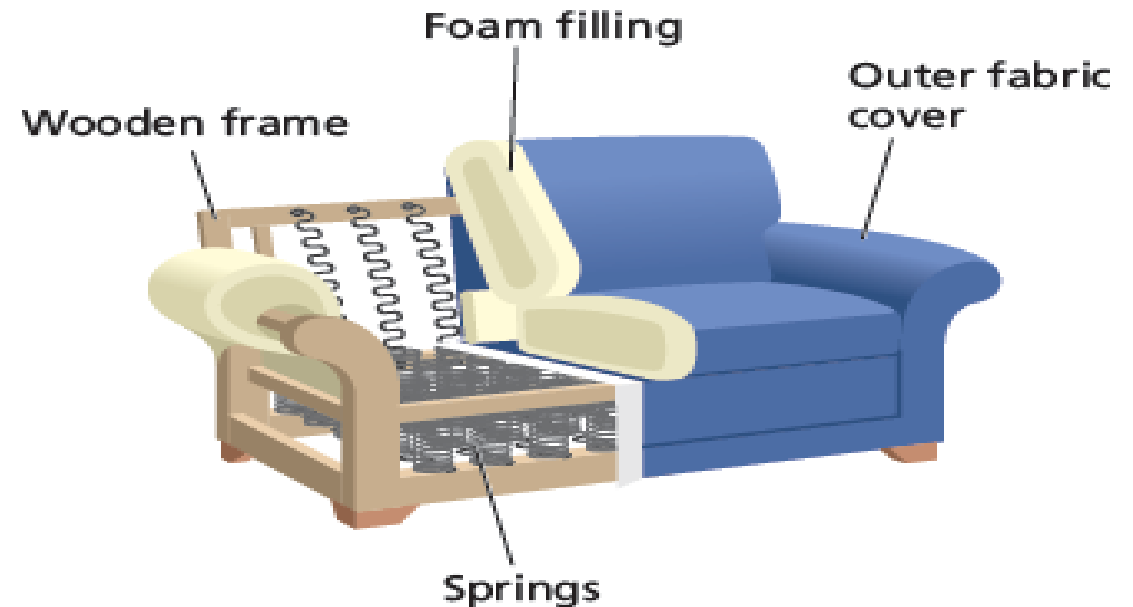
# Types of furniture

- Upholstered furniture
- Bedroom furniture
- Storage furniture
- Soft furnishings
- Dining furniture



# Upholstered furniture

- Consists of a wooden frame for structure + a filling (springs and padding) + an outer fabric.
- Sofas, armchairs, dining room chairs
- Ensure that:
  - outer fabric and inner filling are fire-resistant
  - it is well constructed and well finished
  - the covering is easy to keep clean
  - the filling provides good back support and is comfortable to sit on



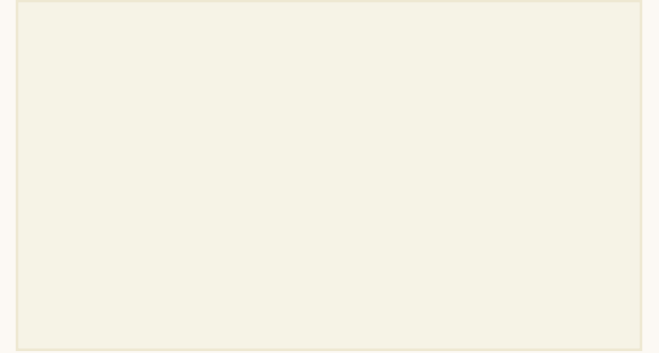
# Types of storage furniture

- Built-in wardrobes
- Basic shelving
- Modular units
- Free-standing units

## Built-in wardrobes



- Consist of hanging rails, drawers and open shelving
- Available in a wide variety of shapes, sizes and materials, e.g. solid wood or medium-density fibreboard (MDF)
- May be custom-built to suit the space in a room. This is often more expensive.
- Cannot be moved or rearranged after they are installed



## Basic shelving



- Consists of open shelving units
- Available in a wide variety of shapes, sizes and materials, e.g. solid wood or MDF
- Useful to store everyday items and prevent clutter
- A cheap form of storage



# Types of storage furniture

## Modular units



- Consists of a single wall unit designed with open shelving, cupboards, display areas, a television unit or a desk
- Useful to store everyday items, display decorative pieces and prevent clutter
- Useful for confined spaces, e.g. apartments

## Free-standing units



- Inexpensive, flat-pack furniture, e.g. IKEA furniture
- Consists of open shelving units and drawers
- Can be moved or changed to suit the room
- Useful to store everyday items, e.g. toys

# Dining furniture

- Consists of a large table and chairs made from wood, glass, plastic or metal. Some chairs may be upholstered.
- Ensure that:
  - it is sturdy, strong and suitable for everyday use
  - it has enough chairs and table space to accommodate the whole family
  - the table surface and chairs are easy to clean and stain-resistant
  - the seating provides good back support and is comfortable to sit on.



# Bedroom furniture

## Divans/bases

<b>Spring-edge</b>		<ul style="list-style-type: none"><li>• Springs go all the way to the edge of the divan/base and are covered with a layer of fabric</li><li>• Comfortable to sleep on as the springs offer extra support</li><li>• Can be expensive</li></ul>
<b>Solid-top</b>		<ul style="list-style-type: none"><li>• Solid wood top with no springs. This provides a firmer, orthopaedic feel to the bed.</li><li>• Cheap to buy</li></ul>
<b>Stretch wire/ wooden plank</b>		<ul style="list-style-type: none"><li>• Commonly used for bunk beds or camping beds</li><li>• Cheap to buy</li></ul>

# Bedroom furniture

## Types of mattresses

### Spring

 Pocket-spring mattress with foam layer on top



- Composed of individual springs, continuous (interlocking) springs or pocket springs
- Pocket-spring mattresses offer the best support and resilience, but are more expensive

### Foam

- Made from latex or polyether foam in various thicknesses

### Memory foam



- Moulds itself to the shape of the body and offers excellent back support
- Can be expensive

### Orthopaedic

- A firm mattress that offers support to the back and spine, relieving spinal pressure

# Bedroom furniture

- **Headboards**

- Protect the wall behind the bed and add a decorative feature to a bedroom
- Can be made from a variety of materials, e.g. wood or metal and be upholstered for comfort

- **Factors to consider when choosing a bed**

- Comfortable to lie on
- Offers good back support
- is well made using high-quality materials and is well constructed





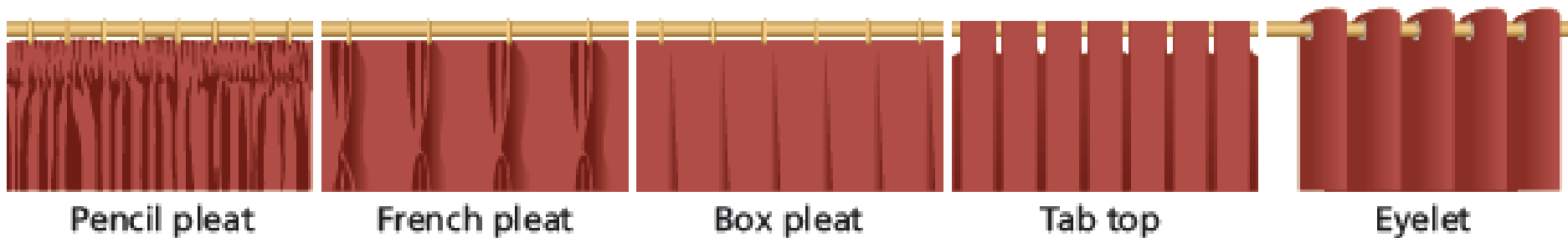
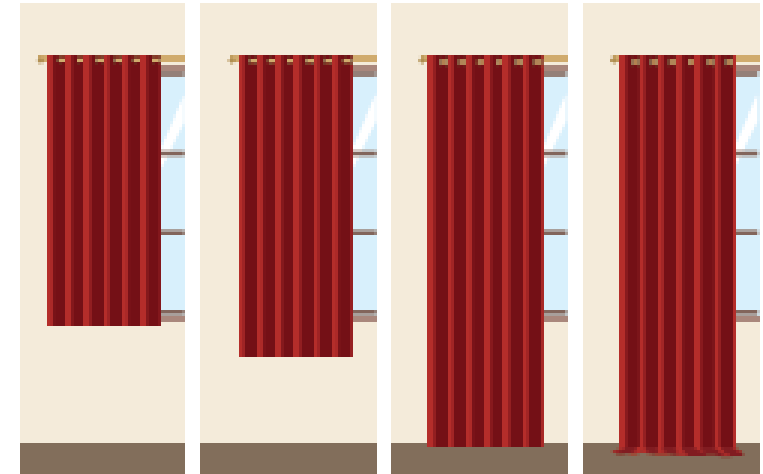
# Soft furnishings

Soft furnishings are items, other than furniture, used to decorate a room

- Curtains
  - Blinds
- Bed linen
- Cushions

# Curtains

- Come in various lengths: to windowsill, below the windowsill, full/floor length and puddle length
- Can be unlined or lined
- Headings include pencil pleat, French pleat, box pleat, tab top and eyelet.



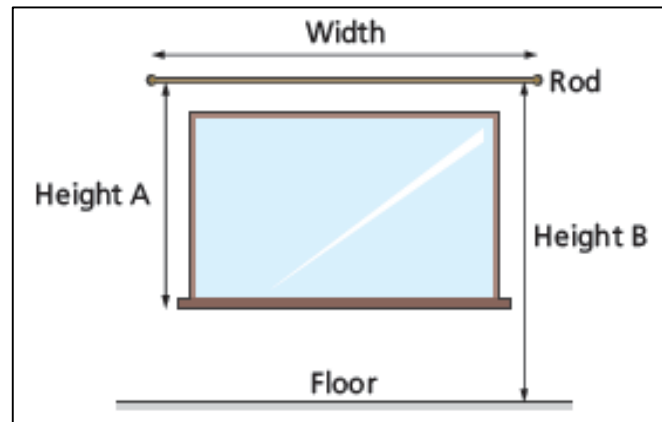
# Curtains

- **Functions of curtains**

- Privacy
- Aesthetics
- Insulation
- Light

- **Factors to consider when choosing curtains**

- Cost
- Style of room
- Size of windows
- Care and cleaning



- **Fabrics suitable for curtains**

- Cotton
- Polyester
- Velvet
- Silk

- **Desirable properties of curtains**

- Drape well and hang with attractive pleats
- Be pre-shrunk
- Complement the existing décor and style of room
- Be flame-resistant
- Insulate the room

# Blinds

## Roller



- Made from stiffened fabric, e.g. Linen, fixed onto a roller that can be pulled down to cover the window
- Wide variety of colours and patterns
- Vinyl-coated (fabric treated with layer of PVC) roller blinds → best for areas of high moisture e.g. Bathrooms

## Roman



- Made from fabric, e.g. Cotton, with wooden slats at the back of the blind
- Fold neatly at the top of the window when pulled
- Wide variety of colours and patterns

## Venetian



- Made with overlapping horizontal wooden or plastic slats
- May be opened or closed by pulling a cord.
- When opened, allow light through but still keep the room private
- Gather dust between the slats

# Bed linen – sheets

- Can be fitted, flat or valance
- **Desirable properties of sheets**
  - Smooth and soft to sleep on
  - Easy to launder
  - Absorbent
  - Shrink-resistant
- **Suitable fabrics for sheets**
  - Cotton
  - Polyester
  - Silk
  - Linen





# Bed linen – duvets/pillows

Duvets consist of two outer layers of cotton or polyester with a filling inside. Fillings include:

- down
- feather and down
- pure cotton
- synthetic filling

A duvet's insulating value is measured in tog

- 4.5 tog = light summer duvet
- 15 tog = heavy, warm winter duvet

Pillows consist of an outer cotton covering filled with down, down and feather or a synthetic filling. Pillows should provide good head and neck support.



Minimum Rating	Warmth Classification
4.5 tog	summer
7.5 tog	↑ ↓
9 tog	
10.5 tog	
12 tog	
13.5 tog	
15 tog	winter

