7 ways to add color to a bedroom that does not involve paint – to wake up happier in your sleep space

Interior designers share their tips for creating bedrooms brimming with personality without picking up a paintbrush

(Image credit: Future / Mary Wadsworth)

Painting your bedroom walls is guaranteed to transform the look and feel of the space, but settling on one color can be tricky, plus sometimes having all four walls painted one color can feel too overpowering in a restful space.

If you prefer a soothing neutral sleep space, or are cautious with color and would want to introduce it in more subtle ways then that's perfectly fine, as there are plenty of opportunities to add color to a bedroom that doesn't involve paint.

Whether you're working on a bedroom redesign or have inherited a neutral bedroom in need of a quick burst of energy, we've rounded up seven key ways to brighten a bedroom that doesn't involve paint with help from some of our favorite interior experts.

Choose Colorful Bedding And Accessories

(Image credit: Richard Powers)

An easy way to add color to a bedroom is to opt for bright and bold accessories. 'Depending on how many colors you want to add, start with a new duvet cover, cushions, or rug and then build up your room,' suggests Sam Hood co-founder and chief creative officer at <u>Amara</u>. 'If you're the type of person who likes to change up their decor on a regular basis, these smaller items are easy to replace. For those who like to stick to their scheme for a while, invest in brightly colored furniture and statement lighting.'

'The key to designing a bedroom is both layering and texture, using these two elements together creates warmth and a soothing environment,' adds Caroline Brackett of <u>Caroline Brackett Studio of Design</u>. 'Textiles of various weights and hands will add visual interest, even if all monotone. Highly designed draperies and tailored bed coverings are both essential in the traditional bedroom.'