

A Layman's Quick Start Guide to

Bed Sheet Buying

A lot of buyers only pay attention to a bed sheet's color. But there's a lot more to bed sheet buying than whether or not it matches your bedroom.

71%
of people own
3 sets of sheets

24%
of people own
2 sets of sheets

Did you know that **71%** of people own at least 3 sets of sheets for a better night's sleep? About **24%**, on the other hand, own only two sets or less^[1].



To get the best value from your money, you need to know the different styles, sizes, and fabrics. These factors will affect the quality of sleep you'll get for the next several months, so it's definitely worth learning.

Thread Count

The term thread count is one of the most basic factors to consider when determining the quality of the fabric. It denotes the number of threads in a single square inch. The higher the number, the softer and more durable the fabric. But that doesn't mean they are more comfortable.

Up to 1000
threads

Thread count may go up to 1000. Though expensive fabrics that exceed 1000 threads may feel soft and comfortable at first, they actually tend to wear easily since they use smaller fibers.

Tip:
Go for anywhere
between 300 and
1000 to get the most
out of your money.

Sweet spot
is around
400

Sheet tests report that the best-rated percale sheets have a thread count of 280, and the sweet spot is around 400^[2].

Sheet Size

There are two bed sheet types to consider when it comes to size – Flat and Fitted.

| | Flat | Fitted |
|-----------|------------|----------|
| Twin | 66 x 96" | 39 x 75" |
| Twin XL | 72 x 114" | 39 x 80" |
| Full | 81 x 96" | 54 x 75" |
| Queen | 90 x 102" | 60 x 80" |
| King | 108 x 102" | 76 x 80" |
| Cali King | 102 x 110" | 72 x 84" |



Fitted sheets are typically smaller because they have garters to keep it snug in place. This is preferable if you dislike making your bed.

Tip:
Pay attention to the specific
measurements of your mattress
when shopping for sheets.

Although two bed sheets can be labeled with the same size, they may still differ in measurements. Take note that bed sheet sizes vary slightly depending on the manufacturer.



Flat sheets, however, are more compatible with different mattress shapes and sizes.

Materials

Finally, the material used in a bed sheet has a significant impact in its quality and durability. Here are the typical materials you need to know:



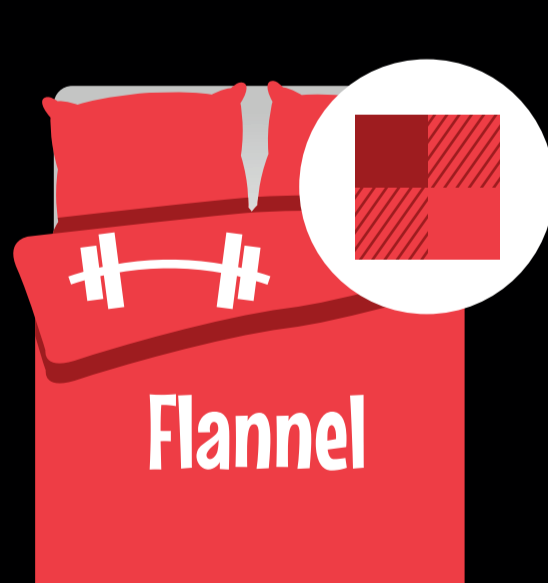
Polyester

This is the most common material used for bed sheets. It is a synthetic fiber that are not only durable, but are also resistant to liquid stains.



Egyptian cotton

Sheets made of Egyptian cotton are often considered as the most luxurious. These sheets utilize longer fibers from Egypt, which results in its amazing durability and softness^[3].



Flannel

High quality flannel sheets are heavy, but they must still feel comfortable on the skin. They are perfect for people who live in cold climates.



Silk

Sheets made out of silk are incredibly smooth and light – perfect for areas with hot climates. They are also very durable and hypoallergenic.



Bamboo

Bamboo fabric utilizes finer threads than cotton. This material is known to resist bed and dust mites. It is also cheaper than silk because bamboo grows at a rapid rate^[4].



Jersey

Jersey sheets are the middle-ground between flannel and silk. They provide comfort regardless of the temperature. Unlike other fabrics, they also tend to feel softer and more comfortable over time.



Percale

Percale is similar to jersey in a sense that they're both comfortable all year round. They have medium weight and pleasant texture.



Sateen

Similar to silk, satin sheets are smooth and lustrous. They are resistant to wear and have excellent breathability.