

sheets

how to choose & questions answered

We spend a great deal of time in our bedrooms considering that the average person can spend approximately 1/3 of their life sleeping. Your sheets are the last thing you feel before you fall asleep, and the first thing you feel when you wake up and should be considered just as important as picking out your mattress.

Sheets Terminology:

Thread Count / Weave & Fabric Content are the most important factors that determine the Quality and Price of your sheets! Read on to learn more about each.

1. THREAD COUNT: the total number of threads horizontally and vertically within a square inch of fabric. Higher thread count indicates a tighter weave and lends softness to the material.

Thread count can range from 110 all the way up to 1000+. The quality and price of the sheet is not only determined by the thread count, but more importantly by the weave and the fabric content.

2. WEAVE: Weave is the way the threads of the fabric are woven together and creates the texture as well as the look and feel of the sheets.

Highest Standard Weave: A single ply weave is the highest standard for durability. It is woven with one thread "over" and one "under".

Medium Standard Weave: Also called "Pinpoint" is a 2-ply weave that is woven with two threads "over" and one "under".

Basic Standard Weave: "Sateen" is woven with more fibers on the fabric surface with four threads "over" and one "under", creating a soft, yet durable fabric that has a delicate sheen.

Tip: Know your mattress depth so you can select the sheets that will best suit your needs! Sheets are available in varying pocket depths to accommodate extra deep mattresses up to 22".

3. FABRIC CONTENT: 100% cotton is the most highly sought after because it is a natural fiber which makes sheets soft and breathable. 100% cotton sheets are priced moderate to high.

Highest Grade: Egyptian Cotton is the highest quality & finest grade of cotton with the longest and strongest fibers. Luxurious feel, exceptionally soft and highly durable.

Pima or Supima cotton is the American version of Egyptian Cotton, but with a shorter fiber.

It is unlikely that you will find high grade Egyptian or Pima/Supima cottons in a thread count less than 200.

Basic Grade: Cotton Percale is a Basic Grade of Cotton Fabric. Percale means a minimum of 180 threads per square inch of combed cotton or a cotton/poly blend.

Low Grade: Muslin is a low grade of coarse, uncombed cotton or poly/cotton fabric. Muslin is not very soft and is usually 110 to 160 threads per square inch.

50% cotton/50% polyester blend is the strongest and most durable fabric blend. With the polyester content it breathes less than 100% cotton and is more likely to "pill". 50/50 blend sheets will usually come in 180 to 200 thread count only.

Expert Advice:
Even great sheets will last much longer if you alternate sheet sets between washings!

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Fabric offers more choices in bed sheets than ever before.

Other Combinations of High Grade Cotton, Cotton Blend or Synthetic Fabrics in sheets include:

ORGANIC COTTON is a 100% natural cotton, grown free of pesticides, fertilizers or genetic engineering. It can only be labeled as being “Organic” by a certified accredited independent organization. Choosing organic reduces the impact on farmers, communities and the planet’s ecosystems.

COMBED COTTON is cotton which has gone through a process to remove shorter fibers and any impurities in the material, which creates a smooth, soft fabric.

FLANNEL is a blend of cottons. Quality is not measured by thread count, but in grams of material per square meter of fabric. 113 grams or more per square meter is considered good quality flannel. Flannel bed sheets are highly popular for their warmth.

COTTON/RAYON FROM BAMBOO is a unique blend of cotton and rayon fibers from bamboo. The resulting fabric is ultra smooth, durable, breathable, and resistant to mildew and odors.

JERSEY KNIT is a 100% cotton fabric. Jersey Knit is woven as a stretchy fabric and resembles that of your average T-shirt material. It is not as cold as regular woven cotton, and not as hot as cotton flannel fabric.

COMFORT FLEECE is a 100% polyester fiber and made to ensure softness, warmth, durability and comfort. The top surface is brushed to fluff up the fibers giving it a thick, cozy feel.

MICRO FLEECE is a 100% polyester fiber that is similar in nature to Comfort Fleece. It is also a durable fiber but is more ultra-fine, higher quality and more lightweight than Comfort Fleece.

CORAL FLEECE is a 100% polyester fiber that is considered a “higher-end” and more luxurious than the Micro Fleece product. It is super soft, plush, absorbs moisture and is an excellent fiber for those who sleep “HOT” and are looking for some relief. The Coral Fleece flat sheet features the soft fabric on both sides, unlike those of the micro fleece or comfort fleece.

SATIN is a 100% polyester fiber. Because of its unique construction, it is the shiniest and one of the most luxurious fabrics. It is cold to the touch.

Tip: Sheet Straps are a great way to secure your sheets to prevent slipping or bunching! They attach to the corners of the fitted sheet on the underside of your mattress, and won't damage your sheets!

Expert Advice:
Always wash your sheets alone. Never wash them with towels or other fabrics, as the friction will cause the fabric to pill.