



## Bedroom Sex Upgrades

[When She Walks Into Your Bedroom, She'll Know - If You Read This First](#)

Our college dorms were about being functional. As long as we had a reasonably comfortable mattress and a sock on the door, we were golden. Growing up means a different caliber of dating and more consideration to your living space. If you don't want to spend the foreseeable future sleeping alone, you need a bedroom that your date will actually feel sexy visiting.

### **Upgrade Your Bedding**

"I know, you love your super-soft superhero sheets from high school. But she doesn't. It's time to grow up and get some adult sheets," says House. Silk isn't necessary, but the higher the thread count, the better. Save those superhero sheets for when she's out of town.

"A great set of sheets in earth tones rather than white are far sexier, as white makes you think and seem cold, but neutral tones make you feel and seem warmer," suggests Dana Claudat, a modern feng shui master and the founder of [The Tao of Dana](#).

If you are really going for plush, a faux fur throw blanket never fails to bring magic to your space, says Claudat. The more soft and sensual the textures, the more you will be likewise perceived as sensual.

In the market for a new bed frame? If you want one that won't squeak during sex, a platform bed is your best bet, says [Cathy Hobbs](#), an interior design expert and founder of Cathy Hobbs Design Recipes, a finalist on Season 6 of HGTV's *Design Star*. If a bed is on four legs, it will probably creak more, but a platform bed is low to the ground and basically supported by itself.