

CHAPTER 4

Bedroom Equipment

The bedroom size is important. I know of one lady who created a beautiful B & B, but could only have a limited number of stars because the rooms were not deemed "spacious" enough. CHECK your room size and the specifications to see if an inspector would describe your accommodation as "spacious" or not! Minimum requirements are:

A single bedroom	60 sq ft (6x10 ft) or 5.6 sq metres – (A single bed is 3ft wide).
A double bedroom	90 sq ft (9x10 ft) or 8.4 sq metres – (A double bed is 4ft 6" wide).
A twin bedroom	110 sq ft (10x11 ft) or 10.2 sq metres.

When thinking about the size of a single or double bed, you can see why they require minimum measurements. Guests have to be able to walk around the bed with comfort. The specifications state – To attain 5 stars, you would need "spacious" accommodation!



The number of rooms you choose to let will be dictated by the size of your home. However, with 1 room, it wouldn't be cost effective to employ any help, with 2 rooms you can decide if and when you want help and with 3 rooms, it can pay to have help if you need it. I started with 2 rooms, 1 double and 1 twin, extending to a third later on. There were certain advantages to this. I could manage all the work myself and develop the daily routines as I went along. So think about the size of the house, number of people that will be running it, how much hot water you can provide and how much you want to spend. A colleague once said she felt twin rooms were not as valuable as doubles, but I haven't found that.

In fact, they are asked for by travelling friends, mothers and daughters, working colleagues and also couples that don't share a bed, a great diversity of arrangements. Young people will often not stay if there isn't a double available, but I still found one of each type the best combination and then another double later on.

For a twin or double option, you can of course, buy beds with [mattresses](#) that zip together, but they need very big sheets, either king size or super king! If you've only got one room, you could have a zip linked bed that could act as a double or twin. The headboard would need to be a long rectangle to cope with both. I've heard varying comments about sleeping in zip-linked beds and I think the best you can do is to try them out somewhere and make your own decision.

Find a good hotel bed supplier, possibly from the internet and ask for extra stuffed mattresses – I consistently get positive comments on a very comfortable night's sleep. Check if the mattresses have handles! I turn ours very regularly and handles make quite a difference as to whether you can do this on your own or need help. Bed size will depend on the size of the room and whether you want to provide extra width. I'm afraid room size really dictates what you can provide. I also found laundering huge sheets was not easy and standard beds suited me in many respects. I will cover bed linen in a separate section.

Single rooms are always useful for people travelling alone who don't want to pay for a double facility.

Fabric covered headboards are very pretty, but difficult to clean, expensive to replace and are ruined with one bad stain. They are also going to be handled regularly by guests and during cleaning. Try purpose made headboards that are easy to clean, as this will be part of your daily routine. It may be useful to have them fixed to the wall for ease of pulling beds out when vacuuming. The weight of a headboard could be too much for one person to manage.



Bedside tables and their size, are mentioned in the guidelines. Make them easy to wipe. I have used the same colour for headboards, wardrobes and bedside tables to make painting easier. I