**BEDDINGS AND BED MAKING PROCEDURE**Beddings are an essential part of hotel accommodation. However, the bed is a piece of furniture must not only be comfortable but also look inviting. To make beds more comfortable the top layer is frequently a mattress.  
**BED LINEN  
Bed sheets**The bed sheets have a good quality with a slight luster and made from non-crease fabric so as to retain its appearance. For comfort, the texture should be soft and smooth, absorbent and free from state. More frequently used are polyester and terry cot. Bed sheet should be large enough to be tucked in securely all around the mattress. A width cutting length of fabric for the bed sheet is approximately 8 meters. Normally for the single bed of 85 X190 cms a single sheet should be 177 X274 cm, for double sheet be 238 X 274 cm.  
**Pillow & Pillowcases**  
An ideal pillow should be neither too soft nor too hard, while selecting pillows, the house keeper must test their comfort and the longevity. With proper care, good quality may last for two years. The uses of pillow covers can double the life of the pillow. The usual size is 48X73 cm Pillowcases are generally made from the same fabric as that of the bed linen. The longer bag type which is folded in at the open end. In order to calculate the amount of material required to stitch a pillowcase, it is necessary to measure the circumference of the pillow and add on 2 to 4 inches to allow for shrinkage and perfect fit.  
**Bolsters**Bolsters are elongated pillow which stretch the width of the bed. They form an under pillow and as the head does not rest on them directly. They have a gone out of fashion and now days a guest is normally given two pillows on the bed.  
**Blankets**These need to adhere to the body in order to provide warmth .In order to be comfortable, they should be smooth, soft and resilient and not too heavy. Wool is often blended with a synthetic fibre, a less durable alternative is made from nylon fibres, it is suitable for those who are allergic to wool. Electric blankets are uncommon in Indian and are difficult to maintain and anchor to prevent pilferage.  
**Duvets/quilts**It is increasingly popular in modern hotels and are fast replacing the blanket, especially on double beds. They consist of a filling sandwiched or stitched in a fabric case with a changeable cover. The fillers may be feathers of the birds or synthetic fibers. Many hotels use duvet with its cover as a bed spread, in which case a bottom sheet, pillow and duvet with cover are all that are needed to make a bed. Duvets are three times lighter than the combined weight of all the linen that covers a guest in conventional bed making.

Eiderdowns are exclusive quilts filled with down feathers from the eider duck which make them very expensive, nowadays cheaper imitations made with synthetic fibres are now available. Quilts are generally placed under the fold of the top sheet keep them clean and avoid stains, they provide a warm but lightweight covering. The warmth duvet is rated in „togs „, the average duvet having a rating of 10.5 togs and the warmer ones having a higher tog 11and 14 whereas the polyester fiber filled duvet have a tog between 8 and 11.

**OVERVIEW OF BED MAKING**  
A neatly made up beds adds greatly to appeal of the guest room. The aim of a hospitality establishment should be to make a neat bed efficiently, saving both time and energy as fast as possible. A hospitality establishment is adept at making beds should be able to finish making a single bed in a maximum of 3 minutes and a double bed in a maximum of 7 minutes. The materials required to make a bed are stacked in a room attendants cart.  
Bed making involves making a bed with the bed linen already on the bed. Changing or re  
sheeting the bed involves stripping the bed of all soiled linen and making the bed with fresh  
linen. Some luxury hotels change bed linen twice a day, but many prefer to do it once a day as  
part of water conservation programme.

The art of bed making is the technique of preparing different types of bed to make a guest comfortable position for a particular condition. Technical expertise in a hotel because of  
the sheer volume of beds to be made in a given shift. If a room attendant has to prepare 16  
rooms as per the prevalent standards ,in a shift .Housekeeper has potentially 32 beds to make  
.This is the addition to cleaning the rooms .It is here that a room attendant productivity is determined . Learning the proper procedure for making a bed helps to ensure the guests comfort  
and sense of well being. The bed is an important part of the guest’s hotel environment. Earlier most hotels used to follow one standard method of bed making, but nowadays there are different methods being used by different properties .

**The common methods of bed making followed in a hotel are out lined in this session.  
 Traditional Method With Full Tuck In**  
In this method the bed is made up with all the sheets and blankets is tucked in on both sides  
 **Traditional Method With An Open Side**In this method the sheets and blanket are tucked in only on one side. The sheets and the  
blanket on the mitered only at the foot of the bed and are folded back at the side, leaving it open.  
**Modern Methods ,Using A Duvet .**A duvet, covered with a washable duvet cover is used instead of the bed spread . A top  
sheet should be used so that the duvet or blanket does not come in contact with skin and spoiled  
.Moreover , the blanket may be rough with repeated washing and so may irritate the guest‟s skin  
; the top sheet affords protection against this  
**Procedures For Traditional Bed Making:**Many housekeepers insists on working on only one side of the bed at a time and cum  
moving on to work on the other side only when finished with the previous one. Whatever method  
adopted, the GRA should not move around the bed using unnecessary steps that could slow down  
the procedures  
**Procedure For Making A Bed**More efficient method to make a bed a Strip the clothes from the bed on to a chair ,turn  
the mattress occasionally unless made of latex ,working from the side replace under blankets: put  
on bottom sheet ,right side up and tuck in all round ,making a mitre at all four corners put on topsheet, wrong side up to reach just beyond the head of the put on the blankets and put on the  
blankets separately , to reach just short of the top sheet put on quilt if used: mitre one bottom  
corner and turn over sufficient of the sheet and blankets at the top to leave a space for the  
pillows, approximately 60 cm and tuck in that side :repeat on other side :replace the pillows with  
open side: replace the pillow with open ends away from the door: put on bed sheet.