

Navigator



Till Sleep Do Us Part

A snoring room could save your marriage

Deborah Burnett adores her husband, Louis, but not the earsplitting snores that start when his head hits the pillow. “I dreaded going to bed,” recalls the interior designer, who has been married for 34 years. The solution? Deborah decided to build a “sleeping closet” off the master bedroom. Now, when Louis’s decibel level gets too high, Deborah retreats to the double-insulated room with soothing green walls and a blissfully silent single bed.

According to 2007’s “What’s In, What’s Out for Homebuyers” survey, culled from 923 real-estate agents, snoring rooms are on the rise. Says Mark Nash, who administers the survey, “These are an emerging boomer trend. It’s more important to get sleep than to

lie awake all night next to a buzz saw.” After Deborah finished her own snoring room, she began receiving requests from other weary wives. She’s already designed rooms for two grateful clients.

Interested in a haven of your own? A snoring room doesn’t have to be new construction—although soundproofing and reconfiguring the floor plan may cost a few thousand dollars. Typically a contractor converts the room from an existing space, such as an office adjoining the bedroom. A large closet can also be transformed.

Rest assured: separate sleeping chambers aren’t the death of your sex life—after all, you’ve doubled your locations for hanky-panky. And besides, there’s nothing sexier than not being sleep deprived. —Sally Abrahms

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