



The Best Thread Count for Bedsheets Is Not as High as You Think

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If you're scratching your head in the bedding department over the best thread count for sheets, you're not alone. For many people, their bed is their [happy place](#), and so you want to outfit said place in soft and luxurious comfort. But does a higher thread count correlate to better sheets?

It might seem like 700 thread count would be better than 400 thread count, but is that really all that matters when buying sheets? (Spoiler alert: The answer is no.)

Here's the skinny on the age-old question about optimum bedding thread count and the price you can expect to pay for quality, cozy sheets.

What is thread count?

Thread count refers to the number of threads woven into a square inch of material, says **Kathy Bliss Goldfarb**, an interior designer in Northeastern Ohio.

"This number is based on the threads woven horizontally (weft) and vertically (warp)," she explains.

When discussing the quality of sheets, thread count is often the first determining factor. But the idea that thread count is the *only* indicator of quality is a common misconception.

Thread count vs. sheet material

While most experts agree that a higher thread count signals quality (e.g., 200 versus 400 thread count), there isn't necessarily a direct correlation between this number and personal comfort, says **Darla DeMorrow**, author of "Organizing Your Home With Sort and Succeed."

"The sheet material matters a great deal more than the thread count," she says. DeMorrow recommends higher-grade fabric such as Egyptian cotton, Supima cotton, bamboo, or linen in a lower count over polyester sheets with a higher thread count.

Thread count prices

You'll pay more for higher-count sheets because it takes more skill and labor to spin finer denier (the unit used to measure a fabric's thickness) and weave more threads per square inch, says Goldfarb.

Prices vary depending on the maker and fabric type, but in general, queen sets can run from \$30 to \$600 for thread counts under 400, says **Karin Sun**, founder of Crane & Canopy, an online luxury bedding brand.

"Over 400 ranges from \$80 to \$1,200," she says. Those ranges may seem vast, but many factors go into how a company prices its sheets, including the materials and manufacturing methods.

Best thread count?

So is a higher count really that much better?

"Thread count matters—to a point," say Sun. "After the count reaches about 430, higher numbers can only be achieved through creative manufacturing methods, and this doesn't really add up to a better product," she explains.

Extra threads, called "picks," can be woven into the weft and then added to the total, which is how some sheets end up with thread counts in the thousands.

Interior designer **Sara Chiarilli** likes a 500 thread count, though she would go a bit lower if it's a quality fabric. She

recommends buying single-ply threads, which means there's only one strand of yarn per thread (check the label).

"If you're looking at 600-count sheets and they seem crazy cheap, the maker is likely using multi-ply threads of lesser quality," she explains. "Sheets that are 300 count, made of single-ply threads, are better than 600 thread count that's multi-ply."

So if you want comfortable, well-made sheets, look for ones made with 100% Egyptian or Supima cotton with a single-ply thread count around 400. Pleasant dreams.

