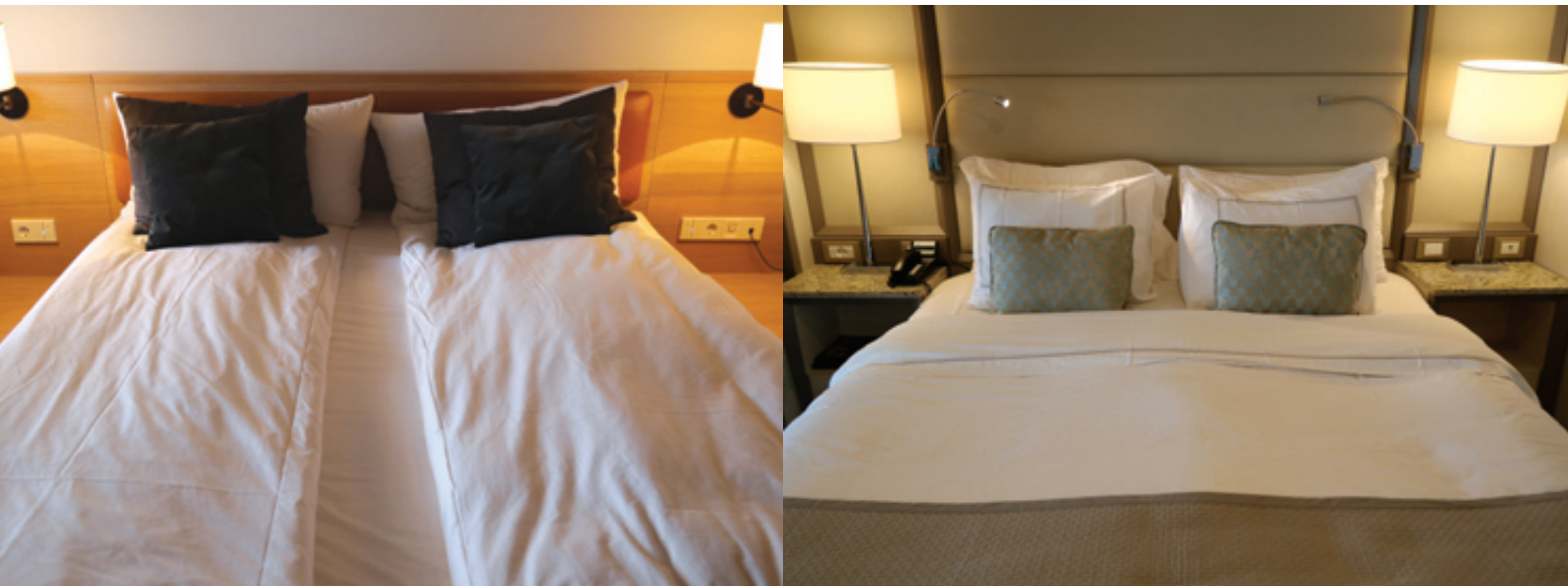


# BED CULTURE WARS

## Single or Double Duvet?

WORDS **DEREK FROST**



On arrival at our Copenhagen hotel room billed as 'deluxe double' we were surprised to find two single duvets atop our double bed. Jeremy, my husband, called down to reception to ask if there was some mistake.

'Oh no' he was told 'two single duvets on a double bed is the norm in Denmark'. 'Maybe why the birth rate's dropping?' he opined rather cheekily.

The following day, Jeremy and I visited the hairdresser for a double appointment. Waiting for the scissors, I picked up a smart looking urban focused interiors magazine. On page two there it was again. A double bed served by two tousled but artfully arranged single duvets.

I quizzed both Jeremy's hairdresser and mine on the subject.

His, a man, and rather surprisingly for a hairdresser married to a woman, approved the two single duvet approach. Questioned further he told me that he gets hot under a duvet and often needs to throw it off and that she stays cold and prefers to remain snuggled under it.

Given the relatively young age of Jeremy's hairdresser, I wondered about the passion he and his wife presumably still enjoy and enquired if they ever started the night with their single duvets overlapped imitating a double duvet. His answer was no. Congress mid bed, I suppose, must cause them chilly bottoms or other body parts, depending on their preferred entry position. Presumably, given his wife's tendency toward frigidity, she possibly rather less happy about this arrangement than he?



My hairdresser — younger than Jeremy's and a girl, told me that she and her ex-lover (he/him) preferred a double duvet for their ex-double bed. She even mentioned them using two double duvets one over the other for extra warmth. Some like it hot or perhaps their bedroom got excessively cold mid winter?

Quizzed further my hairdresser proffered the opinion that age might have something to do with the single duvet -double duvet question. That the lusty younger Danish crowd might slowly be converting to the double duvet approach.

'So what's the majority view in Denmark? I asked.

Unanimous from both hairdressers: 'The vast majority prefer the independent duvet approach no matter how many people are in the bed.'

In England, my understanding is that the double duvet double bed culture is preferred. Why share a double bed if you don't share its cover? Maybe it's the

legacy of poor central heating? Maybe we're more passionate than the Danes? Like a bit more of it?

So is it age?

Can it be for most what my young lady hairdresser intimated. Double duvets for young lusty couples and singles for those who are older and perhaps less frequent couplers?

Or is it culture?

Speaking for myself and my husband, married for 45+ years, the prospect of snuggling separately is not attractive to us. Sex you'll understand is somewhat diminished between us but finding each other under a single double duvet remains essential.

Some go further in this matter.

Only recently arriving to stay with friends our age. Brits. Both immediately greeted us with their important news. 'Guess what? Happy times lie ahead. We've finally decided to sleep in separate bedrooms!' 🗨️