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wall can be a fun and creative project to add a unique touch to your bedroom decor.First, decide on the mural design you want for your headboard. Consider the size and shape of the headboard area and choose a design that complements your rooms theme, along with the appropriate bedroom wall colors for sleep. You may even wish to sketch out your initial idea on a piece of paper.Once you have an idea in mind and all the materials you need (paint, sketch pencil, paintbrushes, painters tape, drop cloth) clean the wall thoroughly and ensure its smooth and free from any dirt or imperfections. Cover the surrounding area with drop cloths (repurposed old sheets work well for this) to protect it from paint splatters.Then, lightly sketch the mural design on the wall using a pencil. You can also use painters tape to create clean lines and sections if needed.Begin painting the mural from top to bottom, using larger brushes for larger areas and smaller brushes for details. Layer the colors and allow each layer to dry before adding the next for better results. If you wish, you can add depth and texture to the mural by adding shadows, highlights, and finer details.Once the mural is completely dry, remove any painters tape gently. Consider applying a clear varnish or sealant over the mural to protect it from dust and damage and to ensure it lasts longer.About the Amerisleep Adjustable Bed+While we offer two adjustable bed bases, the Adjustable Bed+ is our favorite. The bed offers more special features than the basic model, such as full-body massagers. Headboard brackets are also available for purchase for anyone who wishes to use a compatible headboard.With the tap of a button on a wireless remote, the adjustable bed moves to accommodate your wishes. You can sit up to read a book or raise your legs to relieve pressure. The head and foot can be elevated by using the remote, a phone app, or voice commands through Amazon Alexa or Google Home. Thats right, the Adjustable Bed+ can make your smart home setup complete.The beds wall glide engineering technology ensures you dont move away from your nightstand even as you sit up. Instead, the mattress moves back, keeping your body firmly in place and the headboard from hitting the wall. A non-skid surface and a retainer bar ensure the mattress stays in place.Our Adjustable Bed+ is available in twin XL, queen, king, California king, and split king sizes. You can pair the base with most upholstered bed frames and set the beds height to 9, 12, or 15 inches. We include a 10-year warranty with every Adjustable Bed+ frame.Frequently Asked QuestionsDo adjustable beds ruin mattresses?This isnt a yes-or-no question because there are mattresses suited for adjustable bases and mattresses that are not. Memory foam, latex, and hybrid mattresses can flex with an adjustable base without any damage.However, a traditional innerspring mattress can have its springs damaged when its used with an adjustable base. Similarly, air mattresses may develop a puncture or feel uncomfortable if paired with an adjustable frame.Should you sleep in the zero-gravity position?Yes, sleeping in the zero-gravity position is one of the best ways to relieve pressure on the body. A zero-gravity bed reduces compression on the spine, eases tension on the hips, and lowers pressure on the back. However, this doesnt mean sleeping on a flat bed is unhealthy. You can experiment and find what works best for you.Is it okay to sleep with your legs elevated?Yes, sleeping with your legs elevated can even improve your blood circulation. Elevating your knees can also reduce pressure on your lower back, decreasing your chances of back pain. You can raise your legs with an adjustable base or a wedge pillow.Can you store things under an adjustable bed?Yes, most adjustable beds leave room for under-bed storage. Some people may even find it more convenient to keep things under an adjustable base than a traditional frame because they can lift the mattress for easier access. However, if your adjustable base includes under-bed lighting, stored items may block the light.Whats the worst way to sleep?Most experts say that the worst sleeping position is lying on your front. When youre on your stomach, gravity pushes your abdomen into the mattress, drawing your spine out of its neutral alignment. You can minimize the chances of sinkage by shopping for a firm mattress for stomach sleeping.ConclusionAttaching a headboard can help you dress up an adjustable base, but its not the only way to make a bedroom look beautiful. Some people may prefer to use a floating or free-standing headboard. Others may choose to forgo tradition and leave out the headboard all together.Theres no right or wrong way to decorate a bedroom, as long as the ultimate result promotes a relaxing nights rest.

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