Bed and headboard *dimensions*: UK sizes, heights and hotel conventions

UK mattress sizes in millimetres, bed and headboard heights, hotel twin conventions and what Approved Document M says about accessible bedrooms.

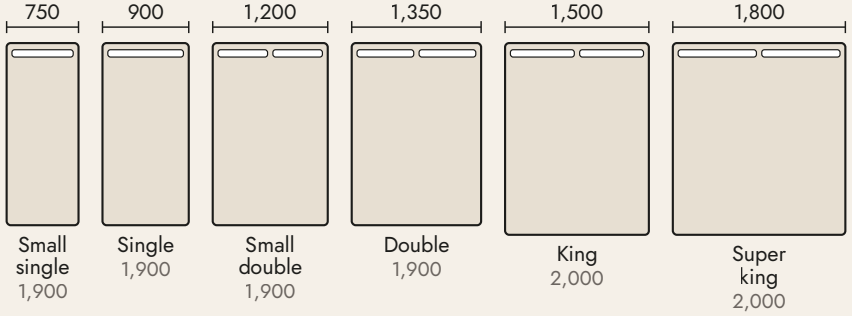
Compliance guidance. Regulated figures are from Approved Document M volume 2 (2015 edition incorporating the 2020 and 2024 amendments; England): paragraphs 4.17 to 4.19, 4.24 and 4.30 and Diagram 17, read on 5 November 2026. Mattress sizes and the size tolerance are trade figures from the National Bed Federation. Every other height and width is practice or an example value, not regulation. Fire evidence for mattresses and headboards is set by the fire risk assessment: see the fire documentation matrix. Accessible bedroom layouts, controls and fire routes are for the access consultant, the fire safety adviser and building control. Guidance, not legal, fire or accessibility advice.

AT A GLANCE

Dimension	Range (mm unless stated)	Basis	Notes
UK mattress sizes (mm)	750 x 1,900; 900 x 1,900; 1,200 x 1,900; 1,350 x 1,900; 1,500 x 2,000; 1,800 x 2,000	National Bed Federation (NBF) consumer site	Small single to super king. Beds are sized by the mattress.
Size tolerance	plus or minus 20 on length and width	NBF: industry practice	No legal standard in the UK. Bases and frames are not standardised.
Zip-and-link	two mattresses joined: super king = 2 x 900	Retail guides; inferred	Length 1,900 or 2,000. Confirm with the workshop.
Mattress top above floor	about 600 to 650	Practice, one example	Base height plus mattress thickness: 350 + 250 = 600 here.
Headboard above the mattress	600 to 800 visible	Two UK retail guides	About 1,350 overall floor-standing in one guide.
Headboard width, bedside top	at least the base; bedside top at the mattress top	Practice; our bedside page	Drawn at the base width and 150 wider each side.
Hotel twin	two 900 mattresses, 700 apart or more	Practice; Diagram 17 example	Approved Document M Diagram 17 annotates 700 minimum between beds.
Accessible bedroom: beside the bed	1,500 annotated in Diagram 17	Approved Document M vol 2, 4.19, 4.24(l) (England)	One example layout, not a rule. No bed height is given.
Accessible bedrooms in a hotel	1 for every 20 bedrooms or part	Approved Document M vol 2, 4.24(g)	From the paragraph as read.
Fire: mattresses and headboards	BS 7177 for mattresses; headboard route not settled	FIRA and BFC guide, as on the fire sheet	Level set by the fire risk assessment.

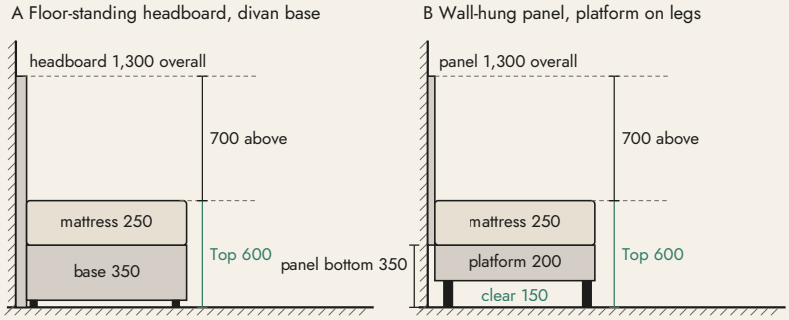
Millimetres. Sizes and tolerance are from the National Bed Federation; the two Approved Document M rows are from the England edition named in the notice; everything else is practice or an example value, to be confirmed with the partner workshop and the operator.

Mattresses in plan, to one scale. Width above each; length under the name. Millimetres.



The six standard UK mattress sizes in plan, to one scale, in millimetres, as listed by the National Bed Federation. Original drawing by Make Bespoke Studio.

Section, to scale. Head of the bed against the wall. Example values.



The head of a bed in section, to scale: A a floor-standing headboard behind a 350 mm divan, B a wall-hung panel over a platform on 150 mm legs. Both give a mattress top of 600 mm. Example values. Original drawing by Make Bespoke Studio.

APPROVED DOCUMENT M VOL 2 (ENGLAND): ACCESSIBLE BEDROOMS

4.19 and 4.24(l): space to manoeuvre at the side of a bed and transfer to it. 4.24(g): one wheelchair-accessible bedroom for every 20 bedrooms or part. Diagram 17 (one example, twin beds): 1,500 minimum at the side of a bed, 700 minimum between beds, 1,500 x 1,500 turning space, 300 at the door. No bed height or size is given.

SPECIFICATION WORDING

BED SIZE AND MATTRESS TOP

Bed [super king]: mattress [1,800 x 2,000] mm, tolerance plus or minus [20] mm (industry practice as stated by the National Bed Federation), as [one mattress / two 900 mm mattresses zip-and-linked]. Base [divan / platform on legs], overall [ ] x [ ] mm. Mattress thickness [250] mm, base height [350] mm, mattress top [600] mm above finished floor level. Under-bed clearance [none / 150] mm. All heights are from finished floor level and are written on the shop drawing.

HEADBOARD

Headboard [ref]: overall [1,300] mm high from [finished floor level / bottom edge of the panel at 350 mm], [2,100] mm wide, [60] mm thick, [floor-standing / wall-hung], fixed to [structure] with [fixings] by [contractor]. Visible height above the mattress [700] mm. Services: [lights, sockets, switches] with cable outlets at [ ] and an access hatch at [ ]. Cover removable for cleaning [yes / no]. Fabric [ref]. Dimensional tolerance [ ] mm.

FIRE AND ACCESSIBLE ROOMS

Mattress and base to BS 7177 at the category set in writing by [Responsible Person / fire safety adviser], report ref [ ]. Headboard fire route confirmed in writing by [fire risk assessor / building control] before production, with a report for the headboard as built [ref, date]. Wheelchair-accessible bedrooms [number] as Approved Document M volume 2 and the access consultant's drawing [ref]: bed height and transfer space as that drawing, not as this specification.

TERMS USED

Wheelchair-accessible bedroom

A hotel bedroom designed so a wheelchair user can transfer to the bed, move around and use the facilities independently. Approved Document M asks for one for every 20 bedrooms or part of that number.

Zip-and-link

Two mattresses and two bases made so that they can be joined into one larger bed or kept apart as twins. A super king can be one mattress or a joined pair.

Mattress top

The height of the top of the mattress above finished floor level: base height plus mattress thickness. It is the datum for bedside tables and reading lights.

STANDARDS AND SOURCES

- Approved Document M, Volume 2 (2015 edition incorporating 2020 and 2024 amendments; England): paragraphs 4.17 to 4.19, 4.24 and 4.30 and Diagram 17 read; no bed height or size is given.
- National Bed Federation: UK bed sizes and Regulations and Standards pages: six standard sizes; accepted tolerance plus or minus 20 mm, no legal standard; the Federation's list of standards is members-only and was not read.
- BS EN 1334:1996, BS EN 1725:2023, BS 7177, BS 8300-2:2018: named (measurement and tolerances; bed strength; mattress fire; accessible design): not read, no figures quoted. Confirm against the current editions.

Full guide: https://makebespoke.com/trade/technical/bed-and-headboard-dimensions. Make Bespoke Studio coordinates manufacture through its partner workshops. Figures are guidance only and your specification governs; some may be superseded, so contact the studio to verify.