

Best Upholstered Bed Frame Sizes Guide | Style Beds

The best upholstered bed frame size depends on your room's dimensions, how many people will sleep in it, and how much clearance space you need around the bed. UK sizes range from a single frame at 90 x 190cm up to a super king at 180 x 200cm. Choosing the right size is just as important as choosing the right fabric or headboard shape, since an oversized frame can make a small bedroom feel cramped, while an undersized frame in a large room can look lost. This guide breaks down every standard UK bed size, what kind of bedroom and sleeper each one suits, and how to measure your room properly before buying an [Best upholstered bed frame](#).



Single Upholstered Bed Frames

A single upholstered bed frame suits children's bedrooms, guest rooms, or smaller box rooms where floor space is limited. Despite being the smallest standard size, a single frame with a wellchosen headboard can still make a strong style statement in the room, particularly in a soft fabric like linen or boucle that keeps the overall footprint feeling light rather than bulky. Single frames are also a popular choice for growing children moving up from a toddler bed, since the extra headboard height and upholstered finish give the room a slightly more grownup feel without requiring a full room redesign.

Small Double Upholstered Bed Frames

The small double upholstered bed frame (120 x 190cm) sits between single and standard double, and it's an option that's often overlooked despite being genuinely useful. It suits single sleepers who want more room to stretch out than a standard single allows, as well as smaller box rooms where a full double frame simply won't fit comfortably alongside other furniture.

Double Upholstered Bed Frames

The double size (135 x 190cm) remains the most common choice for UK main bedrooms and works well for both single sleepers wanting extra space and couples in smaller rooms. An upholstered double bed frame offers a good middle ground between comfort and practicality, fitting comfortably into the average UK bedroom without needing significant extra floor space for wardrobes, chests of drawers or a dressing table. The [Eton Bed Frame](#) is available in this size and demonstrates how a well proportioned double frame can still carry a strong headboard shape without overwhelming a midsized room.

King Size Upholstered Bed Frames

A king bed frame upholstered in a supportive fabric adds noticeably more width and length than a double (150 x 200cm), making it a popular choice for couples who want more personal space overnight. The extra length in particular benefits taller sleepers, who often find standard double and small double frames too short for comfortable sleep. A king size upholstered bed frame generally needs a bedroom of at least 3.5 x 3.5 metres to accommodate the frame comfortably alongside bedside tables and wardrobe access. The [Kensington Bed Frame](#) is available in king size and suits bedrooms with enough floor space to let the frame breathe without crowding the walls.

Super King Upholstered Bed Frames

The super king size upholstered bed frame (180 x 200cm) is the largest standard UK size, offering maximum sleeping space for couples, particularly those sharing with children or pets who regularly end up in the bed overnight. A super king upholstered bed frame needs a genuinely spacious main bedroom to avoid the room feeling overwhelmed by the frame's footprint; generally at least 4 x 4 metres is recommended for comfortable clearance. The [Royal Bed Frame](#) is available in super king and shows how a taller, more structured headboard can work well at this scale, since the larger frame gives the design room to be more decorative without looking disproportionate.

Comparing UK Upholstered Bed Frame Sizes

Size	Dimensions	Best Suited To
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Single	90 x 190cm	Children's rooms, guest rooms, box rooms
Small double	120 x 190cm	Single sleepers wanting extra space, compact rooms
Double	135 x 190cm	Standard UK main bedrooms, couples in smaller rooms
King	150 x 200cm	Couples wanting more space, taller sleepers
Super king	180 x 200cm	Larger bedrooms, families, maximum sleeping space

Choosing Size Alongside Storage Needs

If floor space for wardrobes or storage furniture is tight, it's worth considering how bed size interacts with storage needs. An upholstered bed frame with storage in a double or king size can often replace the need for an additional chest of drawers, since the ottoman base beneath the mattress provides a genuinely large storage cavity. This is particularly useful in smaller UK homes where every extra piece of standalone furniture takes up valuable floor space. The [Cloud Bed Frame](#) is available across multiple sizes with an ottoman storage option, making it a flexible choice regardless of room dimensions.



Choosing a Mattress to Match Your Bed Frame Size

It's worth ordering your mattress at the same time as your upholstered bed frame, since sizing inconsistencies between manufacturers occasionally occur, particularly with small double and king sizes where exact dimensions can vary by a centimetre or two between brands. Buying both pieces together, or at least confirming exact dimensions before ordering separately, avoids the inconvenience of returning an illfitting mattress after the frame has already been assembled. For king and super king frames especially, it's also worth considering mattress weight, since larger mattresses are considerably heavier and harder to manoeuvre onto an ottoman base singlehandedly.

When to Size Up Rather Than Down

If you're torn between two adjacent sizes, it's generally worth sizing up rather than down, provided your room comfortably allows for it. Bed frames are a long term purchase, and household needs can change over the years. A frame is kept for a growing family, a new partner, or simply wanting more comfortable space to relax in bed while reading or working from a laptop. Sizing down purely to save a small amount on the purchase price can end up feeling like a compromise you notice every night, whereas the reverse is rarely true.

Final Thoughts

The best upholstered bed frame size isn't necessarily the largest one you can fit into the room, it's the size that leaves enough clearance for comfortable daily movement while still suiting how many people will sleep in it. Measuring carefully before you buy, and checking dimensions against your specific bedroom rather than general guidance alone, will save you from a costly resizing mistake later. Browse the full range of sizes across every style at [Style Beds](#) to find an upholstered bed frame that fits your bedroom properly, not just your wishlist.

Frequently Asked Questions(FAQs)

What is the difference between a king and super king upholstered bed frame?

A king size frame measures 150 x 200cm, while a super king measures 180 x 200cm, giving an extra 30cm of width for additional sleeping space.

What size upholstered bed frame is best for a small bedroom?

A small double or standard double frame generally works best in a small bedroom, particularly when paired with a low profile headboard and an ottoman storage base.

How much space do I need around a king size upholstered bed frame?

Aim for at least 60-70cm of clearance on each side of the bed for comfortable walking space, and a bedroom of roughly 3.5 x 3.5 metres or larger.

Is a small double the same as a standard double bed frame?

No, A small double measures 120 x 190cm, while a standard double measures 135 x 190cm, a difference of 15cm in width.

Do all upholstered bed frame sizes come with a storage option?

Most ranges offer ottoman storage across double, king and super king sizes, though availability can vary by specific design, so it's worth checking each product individually.