

1000 Thread Count Sheets

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Nothing is more helpful in getting a good night's sleep than quality sheets. You can own a cutting-edge sleep system that boasts the most high-tech features available in bedding today. However, if you don't have quality sheets you are still going to find yourself tossing and turning all night long.

The higher the number thread-count the better the sheets are. These high thread count sheets are also called percale. A sheet set has to have at least 100 to be considered percale. Some of these sets boast a whopping 1000 thread count sheets in their collections. Many of us know that traditionally, 250 count was prime and 400 was outstanding. So why all the high numbers today? You would have never heard of 1000 thread count sheets two decades ago.

Here's a little background information on the new 1000 thread count sheets available on the market today. Basically we have to look at how the item is made. Most sheet sets are constructed out of cotton. Cotton is fundamentally a fabric that is woven into form. Each square inch of cotton has a certain number of threads that are used in the weaving process. Today, weaving has become quite high-tech and some manufacturers have produced thread that is so fine that 1000 of them can be fit into a square inch of fabric.

There is another factor in the high numbers as well. Ply refers to the thickness of the material. Some fabric is two ply. This two ply fabric is constructed by twisting the yarns together. After the yarns are twisted the fabric is weaved. Single ply only uses one thread. Basically, using two ply yarns will double the sheet's thread count. One company can make a set out of single ply that has 500 stitches in each square inch. Another company can make the same using two-ply yarns and wind up with 1000 thread count sheets.

Ironically, the two ply material makes the item heavier simply through its nature. A person may get a better night's sleep on a lower number of threads than on 1000 thread count sheets. In order to reach the high number, the yarns have to be woven together making the bed set heavier and thicker and this is not always the most comfortable.

Ideally, you want to look for bed sets that have between 100 and 400. Anything higher than that may not be the best investment. The 1000 thread count sheets may look good on paper but it is the performance that really matters.