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# The Ultimate Sofa Guide:

## FINDING THE PERFECT FIT FOR STYLE & COMFORT

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**C**hoosing the perfect sofa can feel overwhelming, but it's one of the most rewarding decisions in designing your space. A sofa is more than just a place to sit—it often serves as the centerpiece that defines the room's mood and style. To make sure it fits your space, it's important to consider both comfort and design. Key factors like height, arm style, and seat depth might seem small, but they can dramatically affect how your sofa looks and feels. Whether you're looking for something sleek and modern or cozy, understanding these elements will help you create a space that's both stylish and comfortable. Here are some of my guidelines to consider.

### Height:

**Finding the Perfect Fit** When considering the height of a sofa, it's essential to think about both the physical comfort it offers and how it interacts with the rest of the room's furniture. Sofa height refers to the distance from the floor to the seat cushion. It may seem like a minor detail, but it can profoundly impact how comfortable and accessible the sofa feels.



Photos by James Lee

### LOW-PROFILE SOFAS

Low-profile sofas sit closer to the ground, often around 15-17 inches in height. These pieces are perfect for those looking to create a modern or minimalist look. The low height provides a sleek, contemporary feel, often associated with Scandinavian or mid-century modern designs. These sofas are great if you enjoy sprawling out or lounging in a relaxed position.

### STANDARD HEIGHT SOFAS

Standard sofas are typically about 17-19 inches tall at the seat cushion, making them the most common and versatile option. These offer a balance between comfort and design and can work with a wide variety of décor styles. Standard-height sofas are great for families, as they're easy to get in and out of, and they don't dominate a space.

### HIGH-PROFILE SOFAS

For a more formal or sophisticated look, consider a high-profile sofa, which typically has a seat height of 19 inches or more. High-profile designs often feature taller legs and deeper seat cushions, making them ideal for people who prefer sitting upright or have taller frames. These sofas work wonderfully in more traditional or luxury settings.



## Arm Style:

### Adding the Perfect Detail

Do not overlook the importance of the arm style of your sofa, as it plays a big role in both its appearance and comfort.

#### TRACK ARMS

Track arms, with their clean, straight lines, create a sleek, modern vibe—perfect for contemporary or industrial spaces. Though not heavily padded, their angular design gives a structured look.

#### ROLLED ARMS

The most popular arm style, rolled arms, are soft and rounded, often seen in traditional or classic sofas. They offer a comfy place to rest your arms and add a cozy, timeless warmth, making them great for formal or cottage-style rooms.

#### FLARED ARMS

Flared arms angle outward and add a subtle dynamic flair. Common in mid-century modern and transitional designs, they soften the sofa's look.

#### TUXEDO ARMS

Tuxedo arms are high and straight, running from the back to the front, giving the sofa a bold, formal appearance. They're perfect for luxury spaces but may not be as comfortable for lounging.

#### ARMLESS SOFAS

Armless sofas are all about minimalist design, perfect for smaller rooms. They create an airy, open feel while keeping things stylish and simple.

## Seat Depth:

### Finding Your Comfort Zone

Seat depth is another important factor to consider when choosing a sofa. It refers to the measurement from the front of the seat cushion to the back of the sofa. The right seat depth can make a significant difference in how comfortable your sofa is for sitting or lounging.

#### SHALLOW SEAT DEPTH (Less than 21")

Sofas with a shallower seat depth are ideal for people who prefer sitting upright or who have shorter legs. These are great for more formal settings or smaller individuals who want to maintain a more active sitting position.

#### STANDARD SEAT DEPTH (21–24")

Most standard sofas have a seat depth that strikes a balance between comfort and functionality. A standard depth is suitable for a wide range of body types and sitting preferences, offering a comfortable place to sit for long periods.

#### DEEP SEAT DEPTH (More than 24")

Deep-seated sofas are perfect for those who love lounging or want a sofa that can accommodate taller individuals. This depth provides a spacious, cozy experience, perfect for sprawling out or curling up with a good book.



### Pro Tips:

Looking to find the perfect sofa that combines style and ultimate comfort? One go-to Canadian store is Candace & Basil. Offering an impressive range of high-quality, customizable sofas that cater to various styles,

Visit [candb.ca](https://candb.ca)



#### KEEP PROPORTIONS IN MIND

While height, arm style, and seat depth are important, it's essential to consider the proportions of your sofa relative to the room it will be placed in. Make sure that the sofa doesn't overwhelm the space, nor should it be too small for the room. For a more harmonious look, the length of your sofa should complement the size of the room, and the arm style should match the design of other elements in the space.

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Bobeche Interiors serves clients throughout the Greater Toronto Area.

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