

The Cozy Living Room Scale & Lighting Cheat Sheet

A one-page reference for rug sizing, warm lighting, and pillow styling

1. Furniture-to-Rug Sizing Ratios

The single most common cozy-room mistake is a rug that's too small. Use these minimums so every piece of furniture keeps at least its front legs on the rug:

Room size	Rug size	Placement rule
Small (under 120 sq ft)	5' x 8'	Front legs of sofa + chairs on rug
Medium (120-200 sq ft)	8' x 10'	All furniture legs on rug
Large (200+ sq ft)	9' x 12' or larger	18-24in of bare floor as a border

2. Warm-Lighting Layer Guide

Cozy rooms use 3 light sources at a warm color temperature, never one bright overhead bulb:

- **2700K (warmest):** table lamps and floor lamps at eye level
- **3000K:** accent lighting - fairy lights, candles, string lights
- **Avoid 4000K+:** reads as cold/clinical, save for kitchens and offices
- **Layer rule:** at least 3 separate light sources at different heights

3. Throw Pillow 2:2:1 Styling Formula

For a full-size sofa, this ratio reads as styled without looking overdone:

- **2 large square pillows** (20-22in) in the back corners
- **2 medium pillows** (18in) layered in front, contrasting texture
- **1 lumbar or accent pillow** (12x20in) centered or off-set

For the full list of tested cozy living room finds, visit pickedwellco.com.