

Ceiling Height Tricks Checklist

Use this checklist as a guide while designing or updating your space with standard ceiling heights:

Color & Paint

- ☐ Use light or white ceiling paint to visually lift the ceiling
- ☐ Paint crown molding and trim the same color as the walls for a seamless look
- ☐ Use vertical stripes or tall wainscoting to draw the eye upward
- ☐ Avoid dark colors on the ceiling or walls if the room lacks natural light

Window Treatments

- ☐ Mount curtains close to the ceiling (not just above the window frame)
- ☐ Use floor-to-ceiling drapery to emphasize height
- ☐ Choose pinch-pleated curtains for the structured vertical lines they create
- ☐ Avoid short or wide curtain rods - extend rods beyond the window frame

Wall Trim

- ☐ Install vertical shiplap for subtle texture and height
- ☐ Use vertical board and batten to reinforce strong vertical lines
- ☐ Add panel moulding in tall, narrow rectangles to guide the eye upward

Furniture & Decor

- ☐ Choose low-profile furniture to increase perceived ceiling height
- ☐ Hang tall mirrors or vertical art to elongate the space visually
- ☐ Use bookshelves or built-ins that go all the way up to the ceiling
- ☐ Keep clutter off the tops of cabinets to reduce visual crowding

Lighting

- ☐ Use semi-flush or recessed lighting instead of bulky fixtures
- ☐ Add wall sconces or floor lamps to pull the eye upward
- ☐ Consider uplighting to bounce light off the ceiling

General Tips

- ☐ Keep the ceiling free of unnecessary texture or visual breaks
- ☐ Use consistent trim heights across rooms for flow
- ☐ Emphasize vertical lines wherever possible

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