

# 22 Momme Weight Silk Fabric is Ideal for Silk Sheets

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When purchasing silk sheets, we should look at momme weight as well as thread count. In general, **most people choose [silk sheets with 22 momme weight](#)**. Why? It is impossible to determine thread count for the silk threads that are used to make up silk sheets are so fine.

Therefore, we use momme weight to measure the density of the silk. A momme weight describes the weight of 100 yards of silk, 45 inches wide, in pounds. So, if a fabric is listed with a momme weight of 15, it means this fabric weighs 15 pounds. Most silk sheets generally fall into a range of 16 - 25 momme. And a momme weight of 19 - 25 is considered high quality. However, silk bed sheets with 22 momme weight are most popular. The higher the momme weight, the heavier the silk sheets. Silk with less than a 19 momme weight has low quality and is thin and harsh. However, if the momme weight is over 22, you will feel heavy. Silk with a 22 momme weight is generally considered to provide the best balance of strength, aesthetics and affordability.

- Silk with a 22 momme weight is highly durable. Like most quality products, the soft and luxurious feel of silk bed sheets can last for a very long time.
- 22 momme weight silk bed sheets are softer than lower momme weight sheets, they can help to diminish sleep creases as you rest and keep your hair from tangling while you sleep.
- 22 momme weight silk sheets provide even more benefits for your skin above, lessening the appearance of wrinkles. Besides, silk sheets will not absorb all of the skin's moisture, thus they can promote healthier skin.
- 22 momme weight silk sheets help sleep. You can change position freely without catching or tugging on your skin. Your body temperature is regulated throughout the night, for silk breathes. Therefore, you can experience a deeper and more luxurious sleep.

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