



UK Sized Mattresses

SMALL SINGLE

75 x 190 cm
2'6" x 6'3"

STANDARD SINGLE

90 x 190 cm
3'0" x 6'3"

SMALL DOUBLE

120 x 190 cm
4'0" x 6'3"

STANDARD DOUBLE

135 x 190 cm
4'6" x 6'3"

KING SIZE

150 x 200 cm
5'0" x 6'6"

SUPER KING SIZE

180 x 200 cm
6'0" x 6'6"

Mattress Buying Guide Uk

Dr Sarah Gilchrist



Mattress Buying Guide Uk:

The Essential Guide to Women's Sleep Dr Sarah Gilchrist, 2025-10-21 Maintaining good sleep is a crucial yet often underrated pillar of a person's wellbeing and general health. Despite this, there is limited guidance on how and why the various phases women experience in their lifetime may impact their quality of sleep and what can be done to improve it. This practical and accessible guide for health professionals introduces the concept of female sleep health across the lifetime, including key stages such as menstruation, fertility, working life, birth, perimenopause, and menopause. It also addresses sleep disorders, pain, and the impact poor sleep may have on mental health. Readers will benefit from practical and detailed strategies on improving sleep, guidance on sleep aids and technology, and signposts to when clinical intervention is needed.

Time Out London Shopping Guide Time Out, 2005-10 Featuring more than 3 000 shops and services from fashion to home furnishings, this guide is both a practical resource and a fun read. Comprehensive listings include hours of operation, prices, and which credit cards are accepted.

Art, Design and Technology: Collaboration and Implementation Rae Earnshaw, 2017-05-30 This book examines how digital technology is being used to assist the artists and designers. The computer is able to store data and reproduce designs, thus facilitating the speed up of the iterative process towards a final design which meets the objectives of the designer and the requirements of the user. Collaborative design enables the sharing of information across digital networks to produce designed objects in virtual spaces. Augmented and virtual reality techniques can be used to preview designs before they are finalized and implemented. Art and design have shaped the values, social structures, communications, and the culture of communities and civilisations. The direct involvement of artists and designers with their creative works has left a legacy enabling subsequent generations to understand more about their skills, their motivations, and their relationship to the wider world and to see it from a variety of perspectives. This in turn causes the viewers of their works to reflect upon their meaning for today and the lasting value and implications of what has been created. Art installations are harnessing modern technology to process information and to display it. Such environments have also proved useful in engaging users and visitors with real time images and interactive art.

Cruising World, 1998-01

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